



**ENDING
HUNGER**
ALL FAITHS FOOD BANK

English Muffin Breakfast Sandwich

Plate with an english muffin sandwich with egg, cheese, fresh spinach and tomato.

Serves 2, 1 sandwich per serving

Ingredients

- 1 small tomato
- 2 cups fresh spinach
- 2 whole wheat English muffins
- 1 teaspoon canola oil
- 2 large eggs
- Pinch salt

Optional Ingredients:

- One small avocado

Instructions

1. Rinse and slice tomato into 4 slices. Rinse spinach. If using avocado, peel, remove pit, and slice now.
2. Split each muffin in half. Set muffin tops aside.
3. In a medium skillet over medium heat, heat oil.
4. Gently break eggs into skillet. Be careful not to break the yolk. Cook about 1 minute. Carefully flip each egg over with a rubber spatula. Cook until yolk is slightly firm, about 1–2 minutes. Top each muffin bottom with cooked egg.
5. Add spinach to skillet with a splash of water and pinch of salt. Cover and cook until wilted, about 3 minutes.
6. Top the egg with tomato and spinach. If using avocado, add avocado slices now. Cover with the muffin tops to make a sandwich.



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