

BREAKFAST SANDWICH

Ingredients

- 1 100-calorie Thomas English muffin
- 3 tbsp egg whites
- 1/4 teaspoon taco seasoning
- 1 slice ripe tomato

Directions

1. Toast the English Muffin
2. Spray a medium-sized frying pan with Pam and heat to medium-high on stove.
3. Mix the egg whites and taco seasoning together in a bowl. Scramble in pan until eggs are firm.
4. Place the tomato slice on the toasted English muffin and top with the scrambled egg mixture.

Yields: 2 open-faced sandwiches

Calories: 90

Fat: 0 g

Protein: 8 g

Carb: 12 g (4 g fiber)

Some Healthy Variations:

- Sautéed spinach and mushrooms with 1 slice low fat Swiss cheese
- Spread pizza sauce on English muffin, top with Canadian bacon or soy sausage patty and part-skim mozzarella
- Top hot English muffin with 1 Tbsp peanut butter and sliced banana or 2-3 thin apple slices



RECIPES



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after bariatric
surgery

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