



## Apple, Sausage & Cheddar Breakfast Sandwich



Entire recipe: 325 calories, 8g total fat (3.5g sat. fat), 745mg sodium, 36g carbs, 8g fiber, 6g sugars, 30.5g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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### Ingredients

- 1 light English muffin
- 1 frozen meatless or turkey sausage patty with 80 calories or less
- 1/4 cup (about 2 large) egg whites or liquid egg substitute
- 1/8 tsp. onion powder
- 1 dash black pepper
- 1 thin slice of apple
- 1 slice reduced-fat cheddar cheese

### Directions

Split muffin into halves, and lightly toast.

Cook sausage according to package directions.

Spray a microwave-safe mug or bowl with nonstick spray. Add egg whites/substitute and seasonings. Microwave for 30 seconds. Gently stir, and microwave for 30 seconds more, or until set.

Place one half of the muffin on a microwave-safe plate. Top with apple, egg patty, sausage, cheese, and the other half of the muffin.

Microwave for 20 seconds, or until cheese has melted.

#### MAKES 1 SERVING

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