

PESTO, MOZZARELLA AND EGG BREAKFAST SANDWICH

Preparation: 5 minutes | Cooking: 5 minutes | Servings: 1

INGREDIENTS

- 1 whole wheat English muffin*
- 1 large egg*
- 1 thin slice mozzarella*
- 3 tablespoons roasted red pepper, chopped*
- 1 teaspoon prepared pesto*



INSTRUCTIONS

To begin, toast the English muffin. Mix the egg and the roasted red pepper in a small microwave-safe bowl. Microwave the bowl for about 1 minute. Then, spread the pesto on one half of the English muffin and top it with mozzarella. Place the egg on top of the cheese, and cover it with the other half of the English muffin.