

Breakfast Sandwich

INGREDIENTS

- 1 sourdough English muffin, split and toasted
- 1 large egg
- 2-3 slices deli ham
- 1 slice cheddar or provolone cheese (optional)
- 2 slices tomato
- A few slices of cucumber
- A handful of baby spinach or arugula
- Salt and pepper, to taste
- Butter or cooking spray

DIRECTIONS

1. Toast the sourdough English muffin until golden.
2. Heat a nonstick skillet over medium heat. Lightly grease the pan and cook the egg to your preference (fried or folded). Season with salt and pepper.
3. Warm the ham in the same skillet for 30-60 seconds.
4. Assemble the sandwich by layering the egg, ham, cheese (if using), tomato, cucumber, and spinach on the toasted English muffin.
5. Serve immediately with fresh fruit or enjoy on the go for an easy, protein-packed breakfast.