

## Egg, Cheese, and Bacon Sandwich

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This protein- and fiber-packed breakfast sandwich satisfies a hearty appetite with only 10% of the cholesterol and about half of the sodium of the healthiest similar drive-thru choice. Spinach is what sets it apart: The leafy green provides vitamins A and K and iron, plus coenzyme Q10, a compound required for a well-tuned metabolism. No time to cook in the morning? Make a sandwich the night before and reheat in the microwave the next day.

### Ingredients:

- 1 slice (1 oz) lower-sodium bacon
- ½ tsp extra virgin olive oil
- ¼ c liquid egg substitute
- 1 light multigrain English muffin, toasted
- 1 ½ oz trimmed spinach leaves or baby spinach (about 1 c packed)
- ¾ oz slice reduced-fat, reduced-sodium Swiss or Jarlsberg cheese

### Directions:

- Microwave bacon slice per package directions.
- Heat oil in small nonstick skillet over medium heat. Add egg substitute and heat until edges begin to set, about 1 minute. Lift edges to allow any liquid egg to flow underneath, about 1 minute longer. When almost set, gently fold omelet in half and in half again. Transfer to bottom half of muffin and top with bacon.
- Return pan to heat, add spinach, and cook, stirring until wilted, about 1 minute. Place spinach on top of bacon, season with freshly ground black pepper, add cheese, and top with other muffin half.

**Yield:** 1 servings

**Nutritional Information:** Nutritional Info Per Sandwich 279 cal, 23 g pro, 27 g carb, 9 g fiber, 12.5 g fat, 5 g sat fat, 26 mg chol, 428 mg sodium

Recipe Source: WebMd.com , February 2008

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.