

## English Muffin Breakfast Sandwich



- 1 large egg
- salt and pepper, to taste
- 1 english muffin, split and toasted
- mayonnaise, to taste
- 2 slices deli ham
- shredded or sliced cheese

1. Grease a flat-bottom mug or ramekin with cooking spray. Crack egg into ramekin; season with salt and pepper and whisk a couple of time with a fork. Microwave for 1 minute or until egg is set.

2. Spread english muffin with mayonnaise. Top with ham, egg and cheese. Let sit one minute before serving to allow cheese to melt.

Makes: 1 serving

\*It's important to whisk the egg a little or the pressure builds up and the egg may "explode" in the microwave. But don't go too crazy with the whisking or the egg will puff up like crazy while it cooks and lose its perfect Egg McMuffin shape.

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