



K-STATE
Research and Extension

Faster than the Drive-Thru

Egg-Me-On Sunrise Sandwich

Makes: 4 halves

Ingredients:

- 2 whole-wheat English muffins
- 2 eggs
- 4 tablespoons shredded cheddar cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

Directions:

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.



3. Open English muffins and place “inside-up” on baking sheet.
4. Beat eggs, cheese, salt, and pepper with fork until well blended.
5. Slowly pour egg mixture onto each muffin half, keeping as much as possible on the muffins.
6. Bake 10-12 minutes or until egg mixture is no longer runny and cheese is melted.

Nutrition Facts:

One-half sandwich provides 140 calories, 50 calories from fat, 6 g total fat, 2.5 g saturated fat, 0 g trans fat, 310 mg sodium, 14 g carbohydrate, 2 g fiber, 3 g sugars, 8 g protein, 15% calcium, 8% iron

Recipe from *Kids-a-Cookin'*

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Newsletter developed by Tandalayo Kidd, PhD, RD, LPN, Associate Professor/Extension Specialist in Human Nutrition; Susie Bilderback, Extension Program Assistant; and Katie Hamm, former senior in Dietetics • Resources: http://kidshealth.org/parent/nutrition_fit/nutrition/breakfast.html • <http://www.boosemyplate.gov/> • <http://www.kidsacookin.ksu.edu/> • <http://www.kidsacookin.ksu.edu/Move.aspx?page=Start>

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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