



Mediterranean Breakfast Sandwich

Serves 6



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Ingredients

- 2 Tbsp. olive oil
- 1 cup spinach, fresh, chopped
- ½ cup zucchini, sliced thin, ½ moon cut
- ¼ cup tomatoes, small dice
- 2 Tbsp. scallions, sliced
- 12 large eggs, lightly beaten
- 3 Tbsp. feta cheese, crumbled
- ¼ tsp. sea salt
- ⅛ tsp. white pepper
- 6 whole wheat English muffins

Directions

1. To make the egg soufflé, heat a sauté pan to medium high heat and add olive oil. Sauté the vegetables until they are soft and lightly caramelized. Allow vegetable mix to cool. Preheat oven to 325 degrees.
2. Add eggs, feta, salt and white pepper to the vegetable mix. Stir gently.
3. Lightly coat a muffin pan with non-stick cooking spray. Place 4 oz. (½ cup) in each muffin cup. Cook for 15-20 minutes to an internal temperature of 165 degrees.
4. When ready to serve, toast English muffins and use one egg soufflé per muffin. If re-heating pre-made soufflés, heat to 165 degrees.

Nutritional facts per 1 serving (1 sandwich, 171g):

Calories 220, Total Fat 8g (15%), Saturated Fat 2.5g (10%), Cholesterol 145mg (50%), Sodium 460mg (20%), Total Carbohydrate 26g (8%), Dietary Fiber 4g (15%), Total Sugars 4g, Protein 13g