



## **Recipe: Puerto Rican Breakfast Sandwich**

**Servings: 1**

**Serving Size: 1 Sandwich**

### **Ingredients:**

1 Multi-Grain Sandwich Thin or English muffin

1 slice fat-free or low-fat cheese

1 egg

2 thin slices of tomato (optional)

Non-stick cooking spray

2 tbsp. spicy garlic aioli

- 2 tbsp. non-fat Greek yogurt
- 1/4 tsp. minced garlic
- 1/4 tsp. Tabasco sauce

### **Directions:**

1. Whisk together the aioli ingredients in a small bowl and set aside.
2. Put the Sandwich Thin or English muffin in the toaster.
3. Lightly spray the pan with cooking spray. Over medium heat, cook the tomato slices on either side for about 30 seconds each. Set tomato slices aside.
4. Lightly spray the pan again with cooking spray and crack egg into pan. Let it cook as desired (over-easy, over-medium, or scrambled, etc.)
5. While egg cooks, spread both sides of Sandwich Thin or English muffin with aioli. Top both sides with 1 slice of tomato and 1/2 slice of cheese. When the egg is finished, put egg on one side and top with other side.
6. Lightly spray pan again with oil. Place sandwich in pan to toast the outside of the bread on both sides, about 30 seconds each.
7. Remove from pan and enjoy!

### **Nutrition for one serving**

**(nutrition based on using Sandwich Thin, will be slightly different if using English muffin):**

**Calories: 219 Total Fat: 6g Sat. Fat: 1.5g Sodium: 569mg**

**Carbohydrates: 26g Protein: 18g Fiber: 5g**