SHEET PAN VEGGIES & EGGS BREAKFAST SANDWICHES
WOLF WELLNESS LAB

Ingredients

1 whole wheat English muffin
1-2 eggs
2 tablespoons red bell pepper, chopped (optional)
1 tomato, sliced (optional)
½ avocado, sliced (optional)
¼ cup fresh spinach, chopped
1-2 slices turkey bacon, Salt and pepper, to taste
Shredded cheddar cheese (optional)
Olive oil/cooking spray

Instructions

Preheat the oven to 375 degrees. Grease baking sheet with olive oil or cooking spray.

In a large bowl, whisk together eggs and spinach. Season with salt and black pepper. Pour the mixture into the prepared pan. Add bell peppers if desired.

Bake for about 15-20 minutes. Remove from the oven, top with cheese and bake until cheese is melted, 3-4 minutes. Cut into even squares.

While the sheet pan eggs are baking, take out the turkey bacon, slice in half, and fry until done. Remove from pan and let rest. Slice tomatoes and avocados.

Toast the English muffins until lightly browned. Add your sheet pan eggs, bacon, tomato, cheese, and sliced avocado.

Enjoy!

Nutritional Information

Calories 302
% Daily Value*
Fat 19g 29%
Saturated Fat 7g 35%
Sodium 402 15%
Potassium 188mg 5%
Carbohydrates 26g 8%
Fiber 5g 2%
Protein 16g 32%
Vitamin A 13%
Vitamin C 2%
Calcium 22%
Iron 16%

*Percent Daily Values are based on a 2000 calorie diet

Additional Information

Prep time: 15 minutes
Cook time: 20 minutes
Total time: 35 minutes