



Egg Melt

Makes: 6 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6	eggs	6
6 slices	cheese (cheddar, Monterey, or mozzarella)	6 slices
3	whole wheat English muffins	3
Optional:	pepper	

Instructions

1. Preheat oven to 350°F (180°C).
2. Spray skillet with cooking spray and place over medium-high heat. A simple method for shaping fried eggs is to use either Mason jar rings (lids) or egg rings. Cover each ring with cooking spray. Place rings around pan and break one egg into each ring. Cover frying pan. Cook until eggs are solid (about 5 minutes).
3. Meanwhile, slice English muffins and place sliced side up on a parchment-lined baking sheet.
4. Place in oven and bake for 10 – 15 minutes.
5. Remove English muffins from oven and top each half with a slice of cheese.
6. Return to oven until cheese is melted.
7. Top each English muffin half with an egg.

Nutrition Information

Serving 1 egg melt
(130 g)

Calories 290

Fat 17 g

Saturated 8 g
+ Trans 0 g

Sodium 520 mg

Carbohydrates 17 g

Fibre 3 g

Sugars 4 g

Protein 19 g

Calcium 350 mg

Iron 2 mg

Food Guide Servings

1 Grain Product

1 Milk & Alternative

½ Meat & Alternative

