

Egg MavMuffin

1 serving

Estimated cost per serving: \$1.30

- 1 frozen veggie sausage patty (like Morningstar Farms or Boca) or 2 oz. lean ham
- 1 large egg
- 1 slice 2% low-fat American cheese
- 1 whole grain English muffin
- 1 tsp soft margarine



1. Spray skillet with cooking spray. Heat veggie sausage in pan over medium heat for 5 minutes, turning once. Remove from heat.
2. Break egg into same pan (breaking the yolk) and cook for 1-2 minutes. Flip egg over with spatula and cook an additional 1-2 minutes. Place cheese on top of the egg. Heat for 1 minute or until the cheese is melted.
3. While cheese is melting, toast English muffin either in the pan or in the toaster.
4. When English muffin is toasted, spread soft margarine on both halves. Layer sausage, egg and cheese onto bottom half of muffin. Top with other half of muffin.

**If you have a circular cookie cutter, spray it with cooking spray and break egg into it to get a perfect fitting egg. Caution: Cookie cutter will get hot so remove it from pan with hot pad!

Nutrition facts per serving: 360 calories, 15g total fat, 3g saturated fat, 215mg cholesterol, 800mg sodium, 34g carbohydrate, 7g dietary fiber, 25g protein

Good source of Vitamin A, Calcium, Iron and Dietary Fiber

Pyramid servings: 2 oz. grains, 3 oz. meat & beans, $\frac{1}{2}$ cup milk



Nutrition Note: Iron is an essential mineral and is an important component in the transfer of oxygen through our blood. There are two forms of dietary iron: **heme** and **nonheme**. Heme iron (found in meat, fish and poultry) is more efficiently absorbed by our body than nonheme iron (found in plants such as beans, spinach, and lentils AND found in cereals, flours, and whole grain products that are enriched or fortified with iron). The greatest influence on iron absorption is the amount stored in your body. Iron absorption significantly increases when body stores are low. When iron stores are high, absorption decreases to help protect against iron overload. Dietary factors such as vitamin C will improve the absorption of nonheme iron. So try getting more bang for your buck by eating foods rich in vitamin C (like oranges, broccoli, green pepper) along with nonheme iron foods!

Recipe provided by Keri Tonia, MSU Dietetics Student, 3/07.

Questions or comments???

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