

## Breakfast in your Hand !

1 English Muffin or Bagel  
1 egg  
2-5 mL margarine

25 mL cheese  
1 slice ham (optional)  
1 slice tomato (optional)

### Method:

1. Place oven rack in broil position (2nd from the top). Preheat oven to broil.
2. Split the English Muffin/Bagel (butter if desired) , place on a cookie sheet, and toast lightly.
3. Place cheese on one half muffin. Place ham on other half. Return to broiler. Broil until cheese is melted
4. Cook eggs as desired:  
**To Fry:** Melt 2mL margarine in non-stick pan. Cooking time will vary depending on the desired doneness.  
**Over Easy** - flip egg once  
**Sunny Side Up** - cover pan with lid  
**To Scramble:** Beat egg with 15mL milk per egg. Add a dash of salt and pepper if desired. Melt 2mL margarine in nonstick pan. Add egg and stir until completely cooked.
5. Place egg between English Muffin halves. Serve hot.