

One Pan Meal Prep Egg Sandwiches

Breakfasts and snacks can be tricky during the busy week! These prep-ahead sandwiches are the perfect balanced solution-made with egg, spinach, and whole grain English muffins. The best part is they are made on ONE sheet pan, so forget all the dirty dishes. They freeze well, so making this big batch ahead of time will save you time during the busy week but still allow you to have a nutritious breakfast or a protein-packed snack. Serve alongside some fruit for a complete meal 😊

Ingredients:

6 large	Whole eggs
6 large	Egg, just the whites
½ cup	Milk of choice (I used skim milk)
1 cup	Frozen chopped spinach
8 oz	Mozzarella cheese, reduced fat
2 tsp	Garlic powder
1 tsp	Ground black pepper
12 each	Whole grain English muffins, toasted
Optional	Avocado, tomato, extra veggies, mustard

Directions:

1. Preheat oven to 375 degrees F. Grease a sheet pan with cooking spray. Make sure the sheet pan has sides or else the eggs will pour off the sides.
2. Whisk whole eggs, egg whites, and milk together until smooth. Mix in the spinach, mozzarella, garlic powder, and black pepper. Mix well until combined.
3. Pour egg mixture into the greased sheet pan. Bake for 12-15 minutes or until eggs are thoroughly cooked. This is a good time to toast the English muffins. Take eggs out of the oven and let cool. Also allow English muffins to cool.
4. Once cooled, cut eggs into 12 squares or 12 circles (your choice). Add an egg square to a toasted English muffin. There should be one egg square/circle per English muffin. Once assembled, wrap in plastic wrap and place in the freezer.
5. REHEAT INSTRUCTIONS: remove from plastic wrap, wrap in a damp paper towel, and microwave on high for 45-60 seconds or until thoroughly reheated. Top with optional ingredients, such as avocado, tomato, veggies, mustard, etc.

Servings: 1 sandwich
Serving size: 12 sandwiches

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Nutrition Facts		
Serving Size	1 Sandwich	
Amount Per Serving		
Calories	232.5	
	% Daily Value*	
Total Fat	7.5 g	10 %
Saturated Fat	3 g	15 %
Trans Fat	0.1 g	
Cholesterol	105.5 mg	8 %
Sodium	418.8 mg	18 %
Total Carbohydrate	25.9 g	9 %
Dietary Fiber	3.4 g	12 %
Total Sugars	2.4 g	
Added Sugars	- g	- %
Protein	15.4 g	
Vitamin D	0.7 mcg	4 %
Calcium	254.9 mg	20 %
Iron	2.4 mg	14 %
Potassium	161.7 mg	3 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		