

FIVE-MINUTE BREAKFAST SANDWICH

THE DISTRICT KITCHEN



INGREDIENTS

- 1 egg
- Salt and pepper to taste
- 1 slice cheese (American works well)
- 1 tsp oil
- 1 English muffin, toasted
- 1 slice ham, optional
- 1 slice tomato, optional

INSTRUCTIONS

In a large ceramic bowl, add oil. Use either your fingers or a brush to spread it evenly around the bottom and the sides of the bowl.

Crack egg into bowl, and using a fork, poke the yolk to break it

Season with salt and pepper, and microwave on high in 30 second intervals until the egg is solid.

While the egg is in the microwave, toast English muffin. Add cheese, tomato, and ham if using.

Take egg out of the microwave (careful, as the bowl will be extremely hot) and place onto the prepared muffin. Serve hot.