

Egg McMama



Sound familiar? Well, it should if you are a fast food customer on occasion. However, I believe I have perfected the “at home” version of the famous breakfast sandwich. My family LOVES it and I do make it for overnight guests to rave reviews. So why travel out on those chilly mornings for a favorite treat when you can create a worthy imitation

right in your own home! It’s easier than you think, uses slightly different ingredients, and probably saves you money in the long run. Remember, no gasoline is used to create these breakfast must haves!!

Ingredients List:

- Thomas’s English muffins
- Spray butter (use what you like)
- Boar’s Head Honey Maple Glazed Ham
- Egg whites
- Boar’s Head Colby jack Cheese
- Salt
- Pepper



Instructions:



1 Cut an English muffin in half and place it in the toaster.

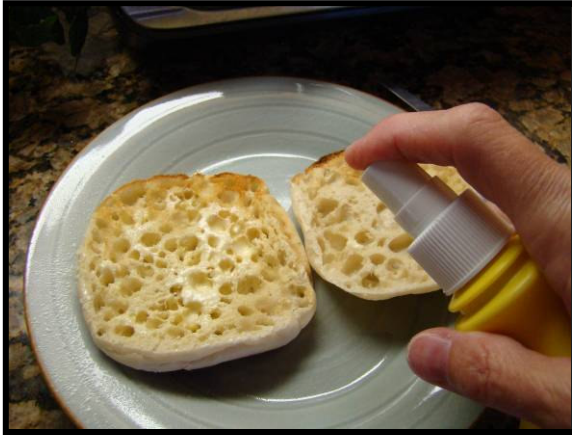
2 Add some extra light virgin olive oil to the skillet.



cholesterol if we can...never mind the
cutting out the yolk is one less bad
and they work great for our Egg



4 For things to time out just right, NOW I go push the English muffins down in the toaster and go back to keeping my eye on the eggs.



5 When the toaster pops up I quickly add spray butter to the muffin. Again, trying to save a few calories, but use whatever spray or spread you like.

6 Add two nice slices of ham on the bottom.



Put a piece out of the egg into a circle if (leftovers!) It doesn't need much salt, or.

8 Last but not least, add a slice of cheese! I cut mine in half and overlap for a bit more thickness. Cap it off with the top to the muffin and for the kid's I cut it in half.



Just add some fresh fruit and a cup of coffee or juice and you've made a breakfast of champions!

Enjoy!

Shari

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