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Egg Sandwiches with Wilted Spinach

Makes 2 sandwiches

This egg sandwich is special enough for a weekend brunch, but quick enough to assemble for weekday mornings; baking the eggs instead of frying adds to the ease. If you don't have Manchego cheese, try using a sharp white Cheddar.

Olive oil, 1 tsp plus 1 Tbsp

Large Eggs, 2

Low-fat (1%) milk or water, 2 Tbsp

Manchego cheese, 2 thin slices (about 1-1/2 oz/45 g total weight)

whole-wheat English muffins, 2, split and toasted

Garlic 1 clove, smashed

Baby spinach leaves, 2 generous handfuls (about 3 oz/90 g)

1. Preheat oven to 375°F (190°C). Lightly grease two 6-oz (185 g) ramekins with 1 teaspoon oil total.
2. In a bowl, scramble eggs lightly with milk. Divide mixture between ramekins. Bake just until eggs are puffy and set, 15-18 minutes.
3. Near end of baking time, place a cheese slice on bottom half of each toasted muffin. Place cheese-topped muffins on a rack in hot oven until cheese melts slightly, 2-3 minutes. Remove from oven and set aside.
4. Meanwhile, heat 1 tablespoon olive oil in a frying pan over medium heat and add garlic. Cook about a minute, just until garlic sizzles and is fragrant. Add spinach leaves and cook, stirring, just until wilted, 30 seconds -1 minute. Remove from heat and discard garlic clove.
5. Remove ramekins from oven and let cool slightly. Carefully run a paring knife around inside edges to release eggs. Turn out each egg portion onto a muffin, on top of melted cheese. Mound equal portions of spinach over eggs and then cover with muffin tops. Eat immediately, or wrap loosely in waxed paper and take to go.

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This recipe is a lighter take on a fast-food favorite. To reduce the fat even more, omit the cheese and swap in 2 egg whites for 1 of the eggs.

Eggs

- Source of high-quality protein
- Linked to weight loss when eaten for breakfast
- Source of choline, a nutrient needed for brain health

Spinach

- Excellent source of folate, carotenoids, and vitamins A and K
- Helps protect against cancer
- Loaded with antioxidants

Per Sandwich: 390 calories, 20 g protein, 31 g carbs, 21 g fat (7 g saturated fat), 205 mg cholesterol, 5 g fiber, 570 mg sodium