



NUTRITION CONSULTING INC.

## Sunrise Egg Muffins

Created by the Egg Farmers of Canada

Makes 4 servings

Prep: 5 min.

Cook: 5 min.

### What you need:

1/4 cup	milk (1%)	50 mL
1/3 cup	light mayonnaise or salad dressing	75 mL
2 tsp	lemon juice	10 mL
1/2 tsp	grated lemon rind	2 mL
4	eggs	4
1	medium tomato, thinly sliced	1
4	whole wheat English muffins, split and toasted	4



### How to prepare:

Gradually whisk milk into mayonnaise in small microwave-safe bowl; cover. Microwave on Medium (50% power) just until hot, about 1-1/2 minutes, stirring two or three times. Whisk in lemon juice and rind until smooth.

Spray large non-stick skillet with cooking spray. Heat skillet over medium heat. Crack eggs into skillet. Break yolks with edge of spatula. Reduce heat to low. Cook eggs slowly to preferred firmness.

Place tomato slices on bottom halves of English muffins. Top with eggs. Spoon sauce over eggs. Cover with top half of English muffins.

### Tip:

Stir 2 tbsp (25 mL) grated Parmesan cheese into hot sauce.

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**Nutrients per serving:**

Calories 286  
Fat 14 g  
Saturated Fat 3 g  
Trans Fat 0 g  
Sodium 449 mg  
Carbohydrate 31 g  
Fibre 5 g  
Sugars 8 g  
Protein 13 g

*Recipe used with permission from the Egg Farmers of Canada. Visit [www.eggs.ca](http://www.eggs.ca) for more great recipes.*

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