

## Living Local Recipe #30

### Breakfast Sandwich

by Robert L. Hall, CCP



- 1 Egg
- 1 English Muffin
- 1 Slice American Cheese
- 1 Slice Canadian Bacon

Generously spray the inside of a coffee mug with cooking spray. Crack in the egg and pierce the yolk. Microwave on high 30 seconds; turn and microwave another 30 seconds. While the egg microwaves, toast the English muffin. Turn the egg out on an English muffin half, top with a slice of Canadian bacon and cheese. Serve immediately.