

Breakfast Sandwich with Hard-Boiled Eggs Makes 1 Serving

KID-APPROVED

Ingredients

- 1 whole-grain English muffin (or 2 pieces of whole-grain bread), toasted
- 2 hard-boiled eggs
- 1 tomato, sliced
- 1 slice of cheese of your choice
- Salt and pepper, to taste
- Mayonnaise (optional)

Directions

1. Slice hard-boiled eggs and layer slices on one side of toasted English muffin or bread. Top with tomato and season with salt and pepper, to taste. Top with cheese and remaining piece of muffin or toast.
2. Cut sandwich in half and enjoy.

Recipe from: Feeding PA and PA Eats

