

Breakfast McMuffin (serves 2)



- 2 eggs
- 5 ml milk
- Sprinkle of salt and pepper
- 2 English muffins
- 5 ml oil
- 60 ml cheese
- 2 ham slices
- 30 ml salsa or tomatoes

- | Equipment |
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| Small bowl |
| Fork |
| Frying pan |
| Measuring spoons |
| Plastic flipper |
| Metal spatula |

METHOD

- 1. Preheat oven to 350°F- CON BAKE 3/5/O START
- 2. Break eggs into a small bowl and beat with a fork. Add milk and salt and pepper. Beat again with a fork. Adding diced red peppers, mushrooms or celery to the egg mixture would add color, flavor and nutrition.



- 3. Grate cheese
- 4. Add oil to a frying pan on medium/high heat. Add beaten eggs. Let eggs set. Stir with a plastic flipper while cooking.

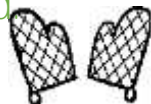


- 5. Open English muffin. Put English muffin onto baking sheet. Lay ham slice on one half. Divide scrambled egg mixture on top of ham slice.

- 6. Sprinkle grated cheese on other half of English muffin.

- 7. Follow the oven safety tips. Place baking pan on the rack in oven and bake until the cheese has melted.

Practice Oven Safety



Use oven mitts

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| *Open the door all the way. *Pull out the rack.
* Place the pan in the middle making sure the sides of the pan do not touch the oven
*Stand up- do not kneel down |
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- 8. Remove pan from the oven. USE OVEN MITTS. Place the pan on a cooling rack. NEVER PUT A HOT PAN ON THE COUNTER TOP. With a plastic flipper lift, muffin onto a plate. Add tomato slices or salsa. Put lid on muffin.