

TOASTER TOMATO-N-CHEESE MUFFINWICH

Makes 1 serving

Original recipe by Minerva Quinones-Novoa (New York)

Ingredients:

- ◆ 1 thick-slice off of a large tomato
- ◆ 2 tsp. minced fresh chives or green onions
- ◆ 1 whole wheat or oat bran English muffin, sliced into halves
- ◆ 2 (1-oz.) slices part-skim mozzarella cheese or reduced-fat cheese of choice
- ◆ Pinch of black pepper, or to taste

How to make:

Adults: Pre-prepare the tomato and chives or green onions.

Kids: Toast the English muffin halves to desired brownness. In between the toasted halves, place tomato slice, cheese and chives or green onions. Season with pepper.

If you want the “muffinwich” warm or prefer melted cheese, zap in microwave on microwave-safe plate for 20 seconds at high-power.

Good for breakfast, lunch, or dinner!

HEALTHY RECIPE MAKEOVER HOW-TO:



A whole wheat or oat bran English muffin is used to punch up the fiber. Instead of preparing open-face-style, it's now prepared sandwich-style to make it easier to pack-up for lunch.

Did you know?

Chives are onion-like herbs. They can be refrigerated in a plastic bag for a week. If you have a pair of kitchen scissors, you can quickly chop chives with them instead of mincing with a knife on a cutting board.

Nutrition Info per serving:

220 Calories, 29 g Carbohydrates, 14 g Protein, 6 g Total fat, 3.5 g Saturated fat, 15 mg Cholesterol, 5 g Dietary Fiber, 570 mg Sodium, 8% Vitamin A, 8% Vitamin C, 40% Calcium, 10% Iron