



Cheesy Veggie-Boosted B-fast Sandwich



Entire recipe: 228 calories, 4g total fat (2g sat. fat), 764mg sodium, 26.5g carbs, 5.5g fiber, 4.5g sugars, 22g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 5 minutes



More: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup chopped spinach leaves
1 tbsp. finely chopped red onion
1/2 cup fat-free liquid egg substitute (like [Egg Beaters Original](#))
One light English muffin or 100-calorie flat sandwich bun
1 slice 2% milk Swiss cheese

Directions

Spray a medium microwave-safe bowl with nonstick spray. (The bottom of the bowl should be about the size of the muffin/bun.) Microwave spinach and onion for 1 minute, or until spinach has wilted. Blot away excess moisture.

Add egg substitute and stir well. Microwave for 1 minute.

Gently stir, and microwave for 1 more minute.

Place the bottom half of the muffin/bun on a microwave-safe plate. Top with egg patty, followed by cheese. Top with the other half of the muffin/bun.

Microwave for 20 seconds, or until cheese has melted. Eat up!

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.