

## Southwestern Breakfast Sandwich

### Ingredients:

- 1 can of low-sodium black beans (drained)
- 4 large egg whites or 1 cup egg beaters
- ½ cup portabella mushrooms (sliced)
- ¼ cup chopped red onions
- 2 tablespoons chopped red peppers
- 2 tablespoons chopped yellow peppers
- 2 tablespoons chopped orange peppers
- 2 garlic cloves, minced
- 4 slices of low-fat cheese
- Dash cayenne pepper
- 4 Thomas' Triple Health English Muffins
- I Can't Believe It's Not Butter Spray
- Cooking spray (e.g., Pam, etc.)

### Directions:

1. Spray large skillet with cooking spray. When skillet is warm, add chopped garlic cloves, peppers, onions and mushrooms. Add a couple tablespoons of water. Cook on low heat until vegetables are tender. Stir frequently.
2. Add can of drained black beans. Mix beans with vegetables, stirring frequently. When beans are heated, lightly spray contents of skillet with Pam.
3. Next pour egg whites or egg beaters over beans and vegetable mixture. Cook until eggs are completed done and mixed with the beans and vegetables. Sprinkle lightly with cayenne pepper.
4. Place 4 slices of low-fat cheese over mixture. Turn off heat and cover until cheese melts.
5. Toast 4 Thomas' Triple Health English Muffins. Spray each muffin with I Can't Believe It's Not Butter spray. Divide up beans and eggs mixture into 4 equal parts and place on toasted English muffins.

Preparation/Cook Time: 30 minutes

Number of servings: 4

**Shared by:** Sonia Haynes

### Registered Dietician Notes:

Calories: 507

Protein: 37.5 g

Carbohydrates: 81 g

Fat: 4 g

Sat Fat: 2 g

