

English Muffin with Sausage

Ingredients

- 8 oz pork sausage patties
- 4 whole-wheat english muffins
- 4 oz sliced american blended cheese

Directions

1. Place sausage on lined sheet tray, or 18 x 13 inch tray, and cook in 350° F oven for 15 minutes or until internal temperature reaches 165°F.
2. Place separated English muffins on lined 18 x 13 inch tray, and toast in oven for 10 minutes.
3. To assemble, place one sausage patty and one slice of cheese on each English muffin.

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 366 calories, 17.89 g fat, 6.36 g saturated fat, 848 mg sodium, 28.9 g carbohydrate, 4.45 g fiber, 7.4 g sugar, 23.06 g protein

