

### **Egg'n'Bacon Sandwich**

2 eggs  
1 teaspoon of skim milk (I prefer water with eggs,  
milk makes them rubbery)  
¼ salt  
1/8 teaspoon pepper  
2 slices of Canadian bacon (1/2 ounce each)  
1 English muffin, split and toasted  
2 tablespoon shredded low fat cheddar cheese

In a small bowl, whisk the eggs, milk, salt & pepper. Divide between 2 microwave-safe custard cups coated with cooking spray. Microwave, uncovered, on high for 20 seconds. Stir; microwave for another 20-25 second or until almost set. Place a slice of bacon on each muffin half; top with egg, sprinkle with cheese. Microwave, uncovered for another 10-13 seconds or until the cheese melts. Let stand for 20-30 seconds before serving.