



Egg Sandwich



Prep Time: 10 minutes Cook Time: 5 minutes Yield: 1 sandwich

INGREDIENTS

- 2 slices wheat bread
- 1 slice cheddar cheese
- 2 slices medium tomato, ripe
- 3 medium basil leaves
- ½ tablespoon olive oil
- 1 egg small
- Pinch salt (optional)
- Pinch black pepper

VARIATIONS

- To vary the flavor, substitute the Cheddar with a non-dairy cheese or other low phosphorus/potassium cheese.

DIRECTIONS

- **TOAST** bread in a dry skillet or toaster. **SET** aside.
- **REMOVE** the basil leaves from the stems; **SET** the leaves aside.
- **HEAT** a small skillet over medium heat. **ADD** the olive oil.
- **SCRAMBLE** the egg with a tablespoon of water. **SEASON** the eggs with salt and pepper.
- **POUR** into the skillet. **COOK**, as an omelet, in one layer; do not fold in half. Flip to cook the other side.
- **BUILD** the sandwich: **LAYER** the ingredients: cheese over the warm slice of bread, then **ADD** the egg. Fold the edges under to fit the size of the bread.
- **ADD** tomato slices over the eggs, followed by the two basil leaves. **TOP** with 2nd slice of bread.
- **CUT** the sandwich in half diagonally. **SERVE** while hot! **ENJOY!**