



# Breakfast Sandwich with a Twist

## Ingredients:

- 1/2 c. yellow onion, small slices
- 2 handfuls of baby kale
- 2 mushrooms, sliced
- 2 eggs
- 2 whole grain English Muffins
- 1 Tb. soft goat cheese
- 1 t. pesto

## Directions:

1. Cook onion in a warm skillet until carmelized.
2. Add kale and mushrooms to the skillet.
3. Cook until the kale is wilted.
4. Push the veggies over to the side of the skillet.
5. Combine the goat cheese and the pesto.
6. Toast the English muffins.
7. Add and egg to the skillet. Cook for several minutes and then flip.
8. Assemble the egg with half of the goat cheese pesto and the veggies.
9. Place on an English muffin.