

ENGLISH MUFFIN MELTS



INGREDIENTS

- 1 whole wheat English muffin, split and toasted
- 2 Tbsp shredded Fontina cheese (or 1 slice)
- 2 slices crispy bacon, crumbled
- 1/3 cup Baby arugula
- 2 grape tomatoes, sliced in half
- Balsamic glaze (optional)

DIRECTIONS

Place the toasted English muffin on a baking sheet and sprinkle shredded Fontina on each half. Top with bacon crumbles and two grape tomato halves per side. Broil or heat in oven (or toaster oven) until cheese is melted. Top with arugula and a few drops Balsamic glaze.



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ALTERNATE TOPPINGS

INGREDIENTS

- 1 whole wheat English muffin, split and toasted
- 4 Tbsp tomato sauce with basil
- 2 Tbsp sliced or cubed ham
- Sliced mushrooms
- 2 Tbsp Mozzarella cheese

DIRECTIONS

Split the English muffin in half. Spread 2 Tbsp tomato sauce over each half, place ham and mushrooms on top, add shredded mozzarella cheese. Broil in oven (or use toaster oven), until cheese is melted.

