

Mix 'n Match Toasted English Muffins



- 4 100% whole wheat English muffins
- 4 Tablespoons low-fat small curd cottage cheese
- 4 Tablespoons crunchy peanut butter

- 1 Preheat oven to broil (or use toaster oven).
- 2 Split muffins in half and spread 1 tablespoon cottage cheese or peanut butter on each half.
- 3 Place under broiler until bubbly and the muffin rims are toasted (about 2 minutes).

Serves 4

SEASONED COOK

Serve with fresh fruit
and nonfat milk.

Per Serving:
245 calories, 11g protein,
31g carbohydrate
(6g fiber), 9g fat
(2g sat, 7g mono/poly),
455mg sodium