Dinner

Golden Crumpets with Melted Cheddar

Crumpets soak up a savory egg mixture, then get pan-fried until golden and finished with bubbling cheese. Chives, avocado, and cherry tomatoes round out the plate.



Vegetarian

20 min	200	24 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 4 whole wheat crumpets
- [ ] 1 large eggs (large)
- [ ] 3 large egg whites
- [ ] 1/4 cup skim milk
- [ ] 1/2 tsp Dijon mustard
- [ ] 1/4 tsp garlic powder
- [ ] 1/4 tsp black pepper
- [ ] 1/8 tsp salt
- [ ] 1/4 cup reduced-fat cheddar cheese (shredded)
- [ ] 1/2 tbsp extra virgin olive oil (for cooking)
- [ ] 1 tbsp chopped fresh chives (optional)
- [ ] 1/2 whole avocado (sliced)
- [ ] 1/2 cup cherry tomatoes (halved)

Nutrition Facts

Per serving

Calories	200
Total fat	7 g
Saturated fat	2 g
Sodium	390 mg
Total carbs	24 g
Fiber	2 g
Total sugars	2 g
Protein	10 g

Method

- [ ] **1** Whisk the eggs, egg whites, skim milk, Dijon mustard, garlic powder, black pepper, and salt together in a shallow bowl.
- [ ] **2** Set the whole wheat crumpets into the egg mixture, flipping to coat both sides, and let them soak for 1-2 minutes.
- [ ] **3** Warm the extra virgin olive oil in a large nonstick skillet over medium heat.
- [ ] **4** Cook the soaked crumpets for 2-3 minutes per side until golden brown and lightly crisp.
- [ ] **5** Scatter the shredded reduced-fat cheddar cheese over the crumpets, cover the pan, and cook for 1-2 minutes until the cheese melts.
- [ ] **6** Take the pan off the heat and top with the chopped fresh chives and sliced avocado.
- [ ] **7** Serve the halved cherry tomatoes alongside.

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