


# Breakfast on the Run

## Ingredients

- 4 tablespoons apple butter
- 2 tablespoons Dijon-style mustard
- 3 whole-wheat English muffins, split and lightly toasted
- 6 1/2-ounce slices low-fat, cracked black pepper ham, chopped
- 2 tablespoons minced green onion (scallion) tops
- 3 ounces low-fat sharp cheddar cheese, shredded



## Directions

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1. In a small bowl, combine apple butter and mustard. Spread 1 tablespoon mixture on each muffin half.
2. In another small bowl, combine ham, onion and cheese. Spread each muffin half with this mixture.
3. Place muffin halves on a baking sheet and broil in the oven until the topping is bubbly. (Both mixtures may be prepared in advance and stored separately for a quick breakfast.)

