



# English Muffin with Apple and Cheddar

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Recipe Source: [www.marthastewart.com](http://www.marthastewart.com)

Serves 1

## Ingredients:

- 1 whole wheat English muffin, split
- 1 apple, thinly sliced
- 3 Tbsp grated cheddar cheese

## Steps:

- Place English muffin cut side up in a toaster oven or on a baking sheet under the broiler. Toast until lightly browned.
- Divide half of the apple slices evenly between the muffin halves. Top each with half the cheese. Broil until the cheese is melted.
- Serve with remaining apple slices on the side.

*Tips from the Test Kitchen: This can be also be made with a ripe pear instead of the apple.*

**Nutritional Facts:** Calories: 350, Carbohydrates: 61 grams, Protein: 12 grams, Total Fat: 8 grams, Saturated Fat: 4 grams, Cholesterol: 21 mg, Sodium: 379 mg, Fiber: 9 grams, Total Sugars: 30 grams.