



# Egg Sandwich

- 1 egg-
- 3 egg white-
- 4 ounces ham, deli sliced, low sodium-
- 2 ounces Swiss or Jarlsberg cheese, reduced fat-
- 2 whole wheat English Muffins-
- 1 banana-small

*Scramble eggs together in a bowl. Heat non stick pan, coated w/ cooking spray, over medium heat. Place eggs in pan and allow to set and cook. Once almost done, flip over half and then cut in half. Meanwhile, toast muffins. Stack eggs on muffin, then ham, then cheese. May make the night before. Divide banana and enjoy. Serves 2.*

Rating: ☆☆☆☆☆

Notes: