



Ham, Egg & Cheese Sandwich

Info:

Makes 1 Servings 240 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Slices Whole Wheat Bread
- ❖ 1 oz 99% Fat Free Ham (2 slices)
- ❖ ¼ Cup Egg Beaters
- ❖ 1 Slice Fat Free Cheddar Cheese
- ❖ 1 Tbsp Fat Free Mayo
- ❖ Ketchup (optional)

Preparation:



1. Toast the bread and spread on mayo
2. Cook egg beaters in pan over medium heat or microwave in safe bowl on high 1 – 1 ½ minutes
3. Place scrambled eggs on toast and add cheese
4. Fry ham in pan until warm, place on top of cheese and enjoy!