

Sourdough Egg Sandwiches

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Servings: 2

Preparation Time: 20 minutes

Cook time: 2 minutes

3 eggs

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1 teaspoon butter

1/4 cup green sweet pepper, chopped

1/4 cup (1 oz) sharp cheddar cheese, shredded

4 slices sourdough bread, toasted

4 slices prosciutto or cooked ham, thinly sliced

2 to 3 tablespoons purchased basil pesto

In a large mixing bowl, whisk together the eggs, salt and black pepper.

In a 12-inch nonstick skillet over medium heat, melt the butter. Pour the egg mixture into the skillet. Cook for 1 to 2 minutes, until the eggs begin to set but are still moist. Do not stir. Sprinkle with the green sweet pepper and the cheese. Fold up the two longest sides into the center (so that it resembles an omelet). Cook 1 minute more.

Remove from heat.

Cut the cooked egg in half crosswise. Place one half atop two of the slices of bread. Top each with two slices of the prosciutto. Spread the pesto on one side of the remaining two slices of bread. Place atop the sandwiches, pesto sides down.

Per Serving (excluding unknown items): 322 Calories; 16g Fat (44.2% calories from fat); 17g Protein; 27g Carbohydrate; 2g Dietary Fiber; 338mg Cholesterol; 783mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 2 Fat.