

Ham and Swiss Egg Sandwiches

Cooking Light Magazine - August 2011

Servings: 4

cooking spray

4 ounces lower-sodium deli ham, thinly sliced

4 large eggs

4 english muffins, split and toasted

4 slices (1-ounce ea) Emmanthaler or Swiss cheese

Preheat the broiler to HIGH.

Heat a nonstick skillet over medium-high heat. Coat the pan with cooking spray.

Add the ham to the pan. Saute' for 2 minutes or until lightly browned. Remove from the pan. Recoat the pan with cooking spray.

Crack the eggs into the pan. Cover and cook for 4 minutes or until the desired degree of doneness. Remove from heat.

Place four muffin halves, cut side up, on a baking sheet.

Top each half with one cheese slice.

Broil for 2 minutes or until the cheese melts.

Divide the ham among the cheese-topped muffin halves.

Top each with one egg and one muffin half.

Per Serving (excluding unknown items): 208 Calories; 6g Fat (26.6% calories from fat); 11g Protein; 27g Carbohydrate; 2g Dietary Fiber; 212mg Cholesterol; 334mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1/2 Fat.