



Ham-and-Cheese Breakfast Griller

Ingredients:

2 slices Ezekiel bread
2 oz. sliced low-fat ham, pre-cooked
1 oz. reduced-fat cheddar cheese, sliced
1 cup spinach leaves
2 tbsp. fat-free mayonnaise

Directions:

1. Brush one side of each piece of bread with a tablespoon of fat-free mayonnaise.
2. Place bread and ham separately on the grill.
3. Flip ham after 1-2 minutes, or until slightly crispy.
4. Transfer ham slices, cheddar cheese, and spinach to one slice of bread. Then cover with second piece.
5. Cook for 30-60 seconds or until cheese begins to melt, then flip. Cook for 30 more seconds to seal sandwich.
6. Add mustard for additional flavor.

Nutrition Facts per serving:

Recipe serves 1
Calories 340
Fat 4.1 g
Carbs 45.2 g
Protein 31.6 g