



## Egg McHealthy

Taking the classic breakfast sandwich and changing it with a healthy tasty twist that is made quickly! Sure to be a breakfast hit!

Prep Time: 10 min.

Cook Time: 5 min.

**Ready In: 15 min**

**Serving Size:** 2 servings

### Ingredients

- ✓ 2 Slices of whole wheat bread
- ✓ 2 slices of mozzarella cheese
- ✓ 2 eggs
- ✓ 1 leaf of romaine lettuce (or lettuce of your choice)
- ✓ 2 slices of tomato
- ✓ 1 tsp of brown mustard
- ✓ 1 tsp of mayo
- ✓ 2 ounces smoked salmon
- ✓ 4 thin slices of avocado

### Directions

1. Toast 2 slices of bread, once toasted cut both slices in half.
2. Put egg in small cup or bowl and cover with lid or paper towel and cook each egg separately for 1 minute in microwave.
3. Spread mustard on 2 of the toast pieces and mayo on the other 2 slices. Add smoked salmon, egg, and cheese to each sandwich. Then add lettuce, avocado, and tomato and serve!

### Nutrition

*Amount per serving*

- ❖ Calories: 220
- ❖ Total Fat: 13 g
- ❖ Total Carbs: 11 g
- ❖ Protein: 16 g
- ❖ Cholesterol: 218 mg
- ❖ Sodium: 877 mg
- ❖ Potassium: 292 mg