



Egg White Sandwich

Ingredients:

- 3 egg whites
- Handful fresh spinach leaves
- Salt and pepper to taste
- 1 wedge herb and garlic cheese (or 1 slice of preferred low fat cheese)
- 1 whole grain sandwich thin.
- 2 slices tomato
- ½ sliced avocado

Instructions:

1. In a small bowl add egg whites, spinach leaves, salt, and pepper.
2. Place in microwave for 1:30 seconds, or until eggs are cooked through.
3. Spread herb and garlic cheese on both sides of sandwich thin.
4. Add cooked egg mixture and tomato slices.
5. Top with avocado and enjoy!

Variations:

- To add some spice use hot sauce or sriracha
- If you like ketchup with your breakfast sandwich try reduced sugar ketchup.
- Swop or add to the spinach with any of your favorite chopped veggies, like mushrooms, pepper, or zucchini.

Prep Time: 2 minutes

Cooking Time: 1:30 minutes

Equipment:

- Knife
- Cutting board
- Small bowl
- Microwave
- Measuring cups and spoons

Servings: 1

Serving Size: 1 sandwich



Nutrition Facts: 261 Calories, 8g Fat, 3 g Saturated Fat, 27 g Carbohydrates, 23 g Protein, 6 g Fiber, 3 g Sugar, 851 mg Sodium.

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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