

EGG McMUGGIN'



Ingredients:

- 1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
- One wedge The Laughing Cow Light Original Swiss cheese, cut into p
- 1½ oz. (about 3 slices) extra-lean ham, chopped
- One-half slice light bread (40 - 45 calories and at least 2g fiber per slice)
- 1 tbsp. shredded fat-free cheddar cheese

Directions:

- Toast bread and cut into cubes.
- Spray a large microwave-safe mug lightly with nonstick spray.
- Add bread cubes, egg substitute, cheese wedge pieces, and ham, and stir.
- Microwave for about a minute.
- Stir gently, and then top with shredded cheese.
- Microwave for another 30 - 45 seconds, until scramble is just set.
- Stir and enjoy!

MAKES 1 SERVING

Nutrition Facts PER Serving:

174 calories, 3.25g fat, 9g carbs, 1g fiber, 2.5g sugars, 25g protein