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Protein-Power Sandwich



[100% Whole Wheat](#)

This protein-packed sandwich is no yolk! Use egg whites as the star ingredient in this toasted sandwich and your taste buds will be glad you did.

Total Time:

8
MIN

Number of Ingredients:

7

Servings:

1

Level:

Medium

Ingredients:

1 teaspoon butter

2 egg whites or 1 egg

2 slices Nature's Own 100% Whole Wheat Bread

2 teaspoons spicy brown, Dijon or yellow mustard

2 cups loosely packed fresh baby spinach

1 tablespoon water

2 ounces sliced deli ham

Instructions:

Melt butter in medium nonstick skillet over medium heat.

Slip egg whites into skillet; Cook 1 to 2 minutes, shaping egg into bread shape with spatula and turning halfway through cooking, until egg is cooked through.

Meanwhile, toast bread. Spread 1 side of each slice with mustard. Place cooked egg white on mustard-side of one slice of bread.

In same skillet add spinach and 1 tablespoon water. Cook and stir spinach just until spinach is reduced. Place spinach over egg.

In same skillet, heat deli ham for 30 seconds. Place over spinach.

Top with remaining slice of bread. Cut in half; serve immediately.

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