



Breakfast BLT



Entire recipe: 290 calories, 11g total fat (2g sat. fat), 732mg sodium, 32.5g carbs, 7.5g fiber, 4.5g sugars, 18g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

- 1 slice center-cut or turkey bacon
- 2 slices whole grain bread with 60–80 calories per slice
- 2 tsp. light mayonnaise
- 1 oz. (about 1/4 cup) sliced avocado
- 1 lettuce leaf
- 1 tomato slice
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- Dash salt
- Dash black pepper

Directions

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.) Break in half.

Lightly toast bread.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add egg whites/substitute and evenly coat the bottom. Sprinkle with salt and pepper. Cook for 1 minute, or until solid enough to flip.

Carefully flip egg, and cook for 1 minute, or until fully cooked. Fold in half twice to make a triangle shaped patty.

Top one slice of bread with mayo, lettuce, tomato, egg patty, avocado, bacon, and remaining bread slice.

MAKES 1 SERVING

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