



Grilled Cheese Eggs Benedict



Entire recipe: 273 calories, 13.5g total fat (5.5g sat. fat), 510mg sodium, 21.5g carbs, 5.5g fiber, 4g sugars, 18.5g protein

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



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Ingredients

2 slices light bread
1 slice reduced-fat cheddar cheese
2 tsp. light butter
1 large egg
2 tbsp. canned reduced-sodium creamy tomato soup with 140 calories or less per cup (like Amy's Organic Chunky Tomato Bisque)
Seasoning: black pepper

Directions

Place cheese between the bread slices. Spread the top of the sandwich with 1 tsp. butter.

Bring a skillet sprayed with nonstick spray to medium heat. Place sandwich in the skillet, buttered side down. Spread the top with the remaining 1 tsp. butter. Cook until bread is golden brown and cheese has melted, about 2 minutes per side, flipping carefully.

Transfer sandwich to a plate. Clean skillet, if needed. Respray, and return to medium heat. Cook egg over medium, 1 - 2 minutes. (Or cook to your preference.)

Place the egg over the sandwich. In a small microwave-safe bowl, heat soup for 20 seconds, or until hot. Pour soup over the egg, and sprinkle with a dash of pepper.

MAKES 1 SERVING

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