



Waffle Benedict



Entire recipe: 245 calories, 12.5g total fat (3g sat. fat), 650mg sodium, 16g carbs, 1g fiber, 3g sugars, 15g protein

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

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Ingredients

- 1 tsp. white vinegar
- 1 frozen waffle
- 1 oz. (about 2 slices) reduced-sodium ham
- 1 large egg
- 1 tbsp. fat-free plain Greek yogurt
- 1 tsp. light butter
- 1 tsp. light mayonnaise
- 1 tsp. creamy Dijon mustard
- 1 drop lemon juice

Directions

Fill a medium pot with 2 inches of water. Add vinegar, and bring to a boil.

Meanwhile, toast waffle, and top with ham.

Once water is boiling, lower temperature until a steady simmer is reached. Crack egg into a small shallow bowl.

Give water a stir, and gently add egg. Cook until egg white is mostly opaque, about 3 minutes. Using a slotted spoon, carefully transfer egg to a layer of paper towels to absorb excess water. Transfer egg to the ham-topped waffle.

In a small microwave-safe bowl, combine yogurt, butter, mayo, mustard, and lemon juice. Mix until uniform. Microwave for 15 seconds, or until hot, and stir. (If you prefer a thinner sauce, add a bit of water.) Spoon sauce over egg.

MAKES 1 SERVING

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