



Eggs Bene-Chick Mug



Entire recipe: 160 calories, 2.5g total fat (<0.5g sat. fat), 781mg sodium, 15g carbs, 3g fiber, 2g sugars, 20g protein

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Prep: 5 minutes **Cook:** 5 minutes or less



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Ingredients

1/2 tbsp. fat-free mayonnaise
1/2 tsp. Best Foods/Hellmann's Dijonnaise or creamy Dijon mustard
1/2 tsp. lemon yogurt (or plain yogurt with a drop of lemon juice)
1/2 tsp. light whipped butter or light buttery spread (like Brummel & Brown), melted
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
1 oz. (about 2 slices) 97 - 98% fat-free ham, roughly chopped
Half a light English muffin, lightly toasted

Directions

To make sauce, combine mayo, Dijonnaise, yogurt, and butter in a small dish. (Use a microwave-safe dish if you'd like to warm your sauce before serving.) Mix well and set aside.

Lightly spray a large microwave-safe mug with nonstick spray. Add egg substitute and microwave for 1 minute.

Gently stir and add ham. Break muffin half into bite-sized pieces and add to the mug. Microwave for 45 - 60 seconds, until set.

If you like, warm sauce in the microwave, about 10 seconds. Top your egg mug with sauce, give it a little stir, and dig in!

MAKES 1 SERVING

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