

## Eggs Benedict Healthy

*Complete this hearty meal with orange slices or melon.*

- 1 large whole egg
- 3 egg whites or  $\frac{3}{4}$  cup egg substitute
- 1 whole wheat English muffin
- 1 slice Canadian bacon
- 1 tomato, sliced
- $\frac{3}{4}$  oz reduced fat Mozzarella cheese

Scramble the whole egg and egg whites in a bowl. Add the flaxseed to the mixture. Fry it in a nonstick pan coated with food oil spray. Toast the English muffin. Put eggs on top; lightly sauté the Canadian bacon. Top eggs with bacon, tomato and cheese. Makes 1 serving.

Per serving: Calories: 384, Protein 37 g