

English Muffin Melts

Ingredients

- 4 100 calorie English muffins, cut in half
- 3 tablespoons light mayo
- 4 thin slices Swiss cheese
- 4 ounces oven-roasted deli turkey, finely chopped
- Optional: top with fresh vegetables

Directions

1. Preheat oven to broil
2. Arrange muffin halves on a baking sheet and place under the broiler for 1-2 minutes
3. Remove from broiler and spread 1 teaspoon light mayo in each muffin half
4. Arrange half a slice of cheese on each half, and top with turkey
5. Return to the broiler and cook 3 minutes or until turkey is beginning to turn golden and the cheese has melted

Top with fresh vegetables and serve!

Nutrition Facts

Servings: 4

Amount per serving

Calories **201**

% Daily Value*

Total Fat 7.5g **10%**

Saturated Fat 2.3g **11%**

Cholesterol 28mg **9%**

Sodium 551mg **24%**

Total Carbohydrate 25.6g **9%**

Dietary Fiber 5g **18%**

Total Sugars 1.5g

Protein 12.4g