

Turkey, Swiss, and Avocado English Muffin Melt

Ingredients/ Instructions

100 calorie English muffin, cut in half

Broil for 1-2 minutes

1 teaspoon of light mayo on each half

2 ounces oven-roasted deli turkey

1 thin slice Swiss cheese

Broil 3 minutes

¼ avocado

3 roma tomato slices



Enjoy!