



## Open-Faced Breakfast Sandwiches

**Prep: 20 minutes**

**Cook: 8 minutes • Serves: 4**

- ¼ cup low fat plain yogurt
- 2 teaspoons chopped fresh chives and/or dill
- 8 slices turkey bacon
- Nonstick olive oil cooking spray
- 2 cups egg substitute
- 1 garlic clove, finely chopped
- 1 green onion, sliced (about 2 tablespoons)
- 1 small tomato, diced (about ½ cup)
- ½ cup shredded reduced fat Cheddar cheese
- ¾ teaspoon Mrs. Dash® original seasoning blend
- 4 slices multigrain bread
- Zero-calorie butter spray
- ½ medium avocado, peeled, pitted and thinly sliced

**1.** In small bowl, stir together yogurt and chives. In large skillet, cook bacon over medium heat 8 minutes or until crisp. Cut each slice crosswise in half.

**2.** Meanwhile, spray separate large skillet with nonstick cooking spray. Add egg substitute and cook over medium heat 3 minutes, stirring occasionally with heat-proof rubber spatula. Fold in garlic, onion, tomato, cheese and seasoning blend. Toast bread and lightly spray with butter spray.

**3.** To serve, place 1 piece of toast on each of 4 serving plates; top each with 4 half slices of bacon. Evenly spoon egg substitute mixture over bacon, and top each with ¼ of the avocado slices and 1 tablespoon yogurt mixture.

*Approximate nutritional values per serving:  
311 Calories, 12g Fat (35% of total calories), 3g Saturated (9% of total calories), 29mg Cholesterol, 701mg Sodium,  
28g Carbohydrates, 5g Fiber, 26g Protein*

*Dietary Exchanges:  
2 Starch; 4 Protein; 2 Fat*