



## **Southwestern Egg Panini**

**545 Calories**

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### *Ingredient List*

- 2 slices sprouted grain bread or whole-grain bread
- 3 egg whites
- 2 eggs
- 1 tbsp bacon bits
- ¼ cup light shredded Mexican cheese
- 1 tbsp guacamole or mashed avocado
- ½ tomato, chopped
- ¼ cup green onions, chopped
- Cooking spray
- Salt & pepper to taste

### *Cooking Instructions*

1. In a bowl, beat the eggs and egg whites with a pinch of salt & pepper.
2. Preheat a pan over medium heat and add the bacon bits. Fry for 2 minutes.
3. Add the tomatoes and green onion to the pan and cook for an additional 30 seconds.
4. Pour the eggs into the pan. Cover the pan with a lid and let the eggs cook for about 3-4 minutes or until the egg is no longer runny on top.
5. Sprinkle with the cheese and fold all sides of the egg into a square. Remove from the pan.
6. Spray the pan again with cooking spray. Add one slice of bread and top with the guacamole/avocado.
7. Place the egg on top then close the sandwich with the other slice of bread. Continue to toast the bottom slice until golden and crispy.
8. Flip the sandwich and mash it down as hard as possible with another pot or pan. Cook until the other side is golden and crispy. Serve and enjoy!

### MACROS

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● Fat	24g
● Carbs	35g
● Protein	49g