

Low-Point Salsa Egg Scrambler

Ingredients:

- 1 slice of Nature's Own Honey Wheat bread or 1/2 of a Sandwich Thin (round, flat bread), toasted
- 3 thin slices of ham (Oscar Mayer Deli Fresh, or any thin-sliced ham that has about 50 calories for 6 slices)
- 1 to 2 Tbs of Salsa (any kind)
- 1 egg
- Pam cooking spray

Place the ham in a skillet sprayed with Pam cooking spray. Cook/grill on both sides for a few minutes. Place ham on toasted bread. Scramble the egg and place egg on top of ham. Top with 1 or 2 Tbs of salsa. Enjoy!

Serving size = 1

Points per serving = 2.7

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)