

# Low-Point Mustard Green Pesto Egg Sandwich

## Ingredients:

- 3 packed cups of mustard greens or mixed power greens (I used a mix of mustard greens, kale, and spinach)
- 2 Tbs roasted walnut oil
- 1 Tbs apple cider vinegar
- 3/4 tsp. freshly ground pepper
- 1/4 tsp. kosher salt
- 8 oz. frozen green peas, thawed
- 1/3 cup grated parmesan cheese
- 2 Tbs plus 2 tsp. coconut oil, divided
- 8 large eggs
- 8 slices multigrain bread (I used thick-crust artisan bread)

Combine greens, walnut oil, vinegar, pepper, salt, peas, and cheese in a food processor and process until smooth.

Heat a large nonstick skillet over medium-high heat. Add 2 tsp. of the coconut oil to the pan; swirl to coat. Crack 2 to 3 eggs into skillet. Reduce heat to medium and cook until whites are set. Repeat with the remaining coconut oil and eggs until all eggs are cooked. (You can reduce amount of coconut oil if you're cooking with less eggs). Toast the bread slices. Add 1 Tbs of pesto on each slice and add an egg. Sprinkle with a little more pepper and Enjoy!

Total servings - 8

Serving size - 1 open-faced sandwich

\*Points per serving - 6.5

\*Points plus per serving - 8

**\*NOTE** --- When I make this recipe again, I will use a different, more low-calorie bread. The bread I used had 130 calories and .5 grams of fat per slice with 2 grams of fiber. The points can be easily reduced with another kind of bread.

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

***"See the light in others and treat them like that is all you see."  
- Dr. Wayne Dyer***