



Serves 2 • Serving size: 4.1 oz./117g portion
Cost: about \$2.00/2 people • Time: about 10–12 minutes

eggs cordon bleu

This clever twist on a “blue ribbon” classic dish includes lovely layers of tasty turkey, smoked paprika, scallions—and eggs! It’s a perfect dish for family breakfast or to show off for friends at brunch. Elegant was never so quick and easy—or pretty!

1 slice low sodium turkey
1/8 tsp. smoked paprika
1/4 tsp. fresh Italian parsley
2 tbsp. shredded low-moisture,
part-skim mozzarella cheese
3 whole eggs
1/4 cup egg whites
1 tbsp. water
1/8 tsp. black pepper
1/8 tsp. kosher salt
1 tbsp. minced scallion

Dry the slice of turkey with a paper towel. Place the smoked paprika, parsley, and cheese in the center of the turkey slice. Roll the turkey and make sure there is no cheese on the edges. In the **Smooth Chopper** using the paddle attachment, mix the remaining ingredients and set aside. Place the turkey roll in the center of the **Breakfast Maker**. Pour in the egg mixture. Cover and microwave on high power for 2 minutes and 30 second. Serve warm, using scallions as garish.

Nutritional Information (per serving)
Calories: 160 Total Fat: 8g Saturated Fat: 2.5g Cholesterol: 280mg
Carbohydrate: 3g Fiber: 0g Sugar: 2g Protein: 16g Sodium: 300mg
Vitamin A: 10% Vitamin C: 2% Calcium: 10% Iron: 8%

