

# OPEN-FACE VEGGIE SANDWICH

## INGREDIENTS:

- § 2 to 4 Tsp. of Mustard
- § 2 Whole-grain English muffins, sliced and toasted
- § 1/2 Cup of small broccoli florets
- § 1/4 Cup of Chopped red, green or yellow bell peppers
- § 1/2 Cup of Shredded low-fat Monterey Jack Cheese

## DIRECTIONS:

1. Preheat Broiler
2. Spread mustard over the cut side of the muffin. Arrange broccoli, bell pepper, and carrots over mustard. Sprinkle with cheese.
3. Place muffin halves on the unheated rack of a broiler pan. Broil about 4 inches away from heat, 2 to 3 minutes or until cheese melts.

## Nutrition Facts:

246 Calories  
6g of Fat

34g of Carbs  
14g of Protein

