

Turkey, Egg & Cheese Roll-ups

Recipe Type: Breakfast, Breakfast Foods, Brunch

Degree of Difficulty: Very easy

Ingredients

20 slices turkey breast luncheon meat slices
10 each egg
¼ cup skim milk
2 spray Cooking spray
1.5 cups cheddar Cheese (reduced fat), shredded
1 cup Spinach, cooked & chopped
1 cup Tomatoes, diced
2 pinches pepper
2 pinches kosher salt
2 tsp Garlic Powder
¼ cup Parsley -- chopped



Directions

- 1 Heat Broiler
- 2 In a large bowl, mix eggs, milk salt and pepper.
- 3 Coat bottom of skillet with cooking spray. Heat on medium.
- 4 Add egg mixture and scramble stirring occasionally.
- 5 Add shredded cheese and cook until melted.
- 6 Stir in baby spinach, tomatoes and basil until combined.
- 7 On a cutting board, place two slices of the turkey breast luncheon meat.
- 8 Top with a large spoonful of egg mixture.
- 9 Roll up and place in baking dish (seam side down).
- 10 Repeat with remaining turkey slices and egg mixture.
- 11 Broil until crispy (approximately 5 minutes)

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 184 calories, 3.8g total fat, 1.6g saturated fat, 91.5mg cholesterol, 1145.4mg sodium, 4g carbohydrates, 1.4g fiber, 5.7g sugar, 33.5g protein.

Servings: 5

Yield: 10 Roll-ups

Weight Watchers Points

Note: The turkey breast slices, eggs and vegetables were not included for the calculation of FreeStyle SmartPoints. All other points do not include the veggies nutrition.

Orig. WW Pts: 4

Points Plus: 4

Smart Points: 3

FreeStyle Smart Points: 1

Tips

This is my adaptation of a recipe I found on delish.com. Instead of ham, I am using turkey breast luncheon meat (zero points on the FreeStyle program).

I also added some parsley for extra flavor and am using skim milk to mix the eggs (tastes creamier this way).

I am using low fat cheese (which doesn't melt as well) but saves on some Weight Watchers points.

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