



Sunrise Chicken Sandwich

Ingredients Needed for Sunrise Chicken Sandwich

- 1 package of Aunt Millie's Live Carb Smart Plain Bagels
- 1 avocado, mashed
- 1 cup spinach
- 4 eggs
- 2-4 slices of deli style chicken
- 1 tablespoon of Feta cheese
- 1 tablespoon butter or oil, for greasing pan
- salt and pepper to taste

Optional:

- veggies for topping, we recommend tomatoes

Directions

1. Split your Live Carb Smart Bagel in half and pop it in the toaster. Toast to your desired crispiness.
2. Heat a non-stick pan, with butter or oil, over low-medium heat and add the spinach. Cook until spinach has wilted.
3. While spinach is wilting, combine eggs, salt, and pepper to taste, and mix together.
4. Pour the eggs over the wilted spinach and stir around so that the eggs cover the bottom of the pan.
5. Cook the eggs until mostly set. Use a spatula to fold the eggs over in half. Flip, and then fold again until eggs are in a triangular shape. Remove from heat.
6. Assemble your sandwich, but layering deli chicken, egg, desired veggies, top with avocado and feta.
7. Serve with a glass of orange juice and enjoy your Chicken Sunrise Sandwich!

