

Egg and Lettuce Sandwich

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 1 egg, hard boiled
- 2 teaspoons reduced fat mayonnaise
- 2 iceberg lettuce leaves, shredded



Method

1. Peel egg and add to a small mixing bowl.
2. Add mayonnaise to egg and mash with a fork.
3. Add egg mixture to bread or wrap and top with shredded lettuce.

Tip: add a teaspoon of curry powder to the egg mixture to turn this into a delicious curried egg sandwich.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 160g		
	Per serve	Per 100g
Kilojoules (kJ)	1070	669
Protein (g)	13.2	8.2
Total fat (g)	10.0	6.0
- Saturated fat (g)	2.1	1.3
Carbohydrates (g)	26.7	16.7
- Sugars (g)	4.0	2.5
Fibre (g)	5.0	3.1
Sodium (mg)	434	271

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.