



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 (boil for 5 minutes)
- 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.

Optional

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