



## Pastrami and Swiss Cheese - Not On Rye Bread

Trader Joe's once again made it possible for me to enjoy one of my old favorite deli meals - Pastrami and Swiss. Just how did they do that for me? They now have uncured pastrami that is as lean as can be, and 2 ounces of it are 100 calories and 15 grams of protein. Add some Jarslberg Lite Swiss Cheese, some deli mustard, and I am in heaven.

### Ingredients:

- 1 whole egg
- 5 egg whites
- 3 ounces Trader Joe's pastrami
- 1 slice Jarslberg Lite Swiss Cheese
- Deli mustard if desired as a condiment

### Directions:

1. In a preheated 10 inch skillet that has been lightly sprayed with non-stick spray (I currently use coconut oil spray) place the pastrami, add 2 tablespoons of water, cover and let steam for a minute
2. Stir and cover for another minute to evaporate the water and thoroughly heat the pastrami. Remove the pastrami to a plate, spray the skillet again
3. Whisk together the 1 egg and 5 egg whites (I add a drop of water to this) and pour into your prepared skillet on medium heat
4. Cover and cook eggs until almost set
5. Add pastrami first, and then strips of the cheese to ½ of the omelet
6. With a spatula, fold in half covering the pastrami and cheese
7. Lower heat, add a few drops of water to the pan and cover to finish the cooking and melt the cheese
8. Slide onto a plate, cut in half with the spatula and enjoy

**Nutrition:** This makes 2 servings, each with around

- **180 calories and**
- **27.25 grams protein**