

Ham and Cheese Bagel Melt

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Serves 1

Points will vary depending on ingredients used. I use a homemade bagel, .25 oz cheese and 2 oz of ham (the ham I use is 0 points). My sandwich is 4 points total. Yours will vary.

- 1 bagel, lightly toasted
- 1 slice cheese (I use deli sliced American cheese)
- 2 oz ham (deli sliced thin)
- mustard

1. Preheat oven to 325
2. On half of the bagel, place 1/2 slice of cheese.
3. Top with mustard
4. Top with ham
5. End with remaining 1/2 slice of cheese.
6. Wrap in foil and bake for 6-8 minutes.