

Ham and Cheese Roll

4 oz	Cream Cheese, Fat Free
3/4 cup	Milk, low fat, 1%
2 Tbsp	Flour, all purpose
1/4 tsp	Salt
3 cups	ReddiEgg Real Egg Product
1/2 cup	Green onions, diced
1 cup	Ham, lean (5% fat), diced
2 cups	Cheese, cheddar, fat free, shredded



Coat 15"x10"x1" baking pan with nonstick cooking spray. Line bottom and sides with parchment paper; coat the paper with nonstick cooking spray and set aside. In a small mixing bowl, beat cream cheese and milk until smooth. Add flour and salt; mix until combined. In a large mixing bowl, beat the Egg Product until blended. Add cream cheese mixture; mix well. Pour into prepared pan. Bake at 375 degrees for 30-35 minutes or until eggs are puffed and set. Remove from the oven. Immediately spread with mustard and sprinkle with one cup cheese. Sprinkle with ham, onions and 1/2 cup cheese. Roll up from the short side, peeling parchment paper away while rolling. Sprinkle top of roll with the remaining 1/2 cup cheese; bake 3-4 minutes longer or until cheese is melted. Makes 8 servings.

Calories = 109

Fat = 1.3 grams

Cholesterol = 12 milligrams