



## Fried Egg, Ham & Pesto Sandwiches

**Prep: 20 minutes**

**Cook: 5 minutes • Serves: 4**

### Pesto

- 3 garlic cloves, crushed with press
- 2 cups loosely packed fresh basil leaves
- ½ cup Parmesan cheese
- ¼ cup pepitas, shelled sunflower seeds or pine nuts
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ⅓ cup olive oil

### Sandwiches

- 4 large eggs
- 2 tablespoons unsalted butter
- 4 ciabatta rolls, sliced horizontally
- 2 tablespoons mayonnaise
- 4 vine-ripened tomatoes, sliced
- 2 cups loosely packed arugula
- 4 thick slices ham, warmed

**1.** For Pesto: In food processor with knife blade attached, purée all ingredients except oil. With processor running, stream in oil and process until emulsified. Makes about 1 cup.

**2.** For Sandwiches: In large skillet, cook eggs in butter over medium heat 3 minutes or to desired doneness; toast rolls. Evenly spread bottom halves of rolls with mayonnaise; evenly top with tomatoes, arugula and ham. Top each with 1 tablespoon pesto and 1 egg; close sandwiches.

*Approximate nutritional values per serving:*

*682 Calories, 34g Fat (15g Saturated), 307mg Cholesterol, 2966mg Sodium, 48g Carbohydrates, 3g Fiber, 51g Protein*