

# Wasabi Monte Cristo

*Susan Riley - Allen, TX  
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## Servings: 2

*2 tablespoons reduced-fat mayonnaise  
1/2 to 1 teaspoon prepared wasabi  
1 medium mango, peeled and chopped  
2 teaspoons light brown sugar  
4 slices multigrain bread  
2 ounces thinly sliced deli turkey  
2 ounces thinly sliced smoked deli ham  
2 ounces sliced baby Swiss cheese  
mango chutney (optional)  
2 large egg whites, beaten  
1 1/2 teaspoons confectioner's sugar  
fresh mint leaves (optional)*

In a bowl, combine the mayonnaise and wasabi. Set aside.

In another bowl, combine the mango and brown sugar. Puree with an immersion blender or in batches in a regular blender. Set aside.

Assemble the sandwiches by spreading two slices of bread with the mayonnaise mixture. Layer the slices evenly with turkey, ham and cheese. If desired, spread the remaining bread with chutney. Top the meat and cheese with the remaining bread. Dip the sandwiches in the egg whites.

In a large nonstick skillet coated with cooking spray, brown the sandwiches over medium-high heat about 2 to 3 minutes on each side.

Before serving, dust the sandwiches with confectioner's sugar. Halve the sandwiches.

Serve with mango mixture for dipping. If desired, garnish with mint leaves.

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Per Serving (excluding unknown items): 146 Calories; 4g Fat (25.5% calories from fat); 4g Protein; 24g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 155mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1 Fat; 1/2 Other Carbohydrates.