

# Egg White & Smoked Chicken Ciabatta Sandwich

## Ingredients:

- **Ciabatta Bread:** 2 sun-dried tomato ciabatta rolls (store-bought or homemade)
- **Egg Whites:** 4 egg whites
- Salt and pepper to taste
- **Smoked Chicken:** 4–6 slices of smoked chicken (store-bought or homemade)
- **Cheddar Cheese:** 2 slices of cheddar cheese

## Instructions:

### 1 Prepare the Steamed Egg Whites:

- Whisk the egg whites with a pinch of salt and pepper.
- Steam the egg whites in a non-stick skillet over low heat, covered, until they are fully set and fluffy. Alternatively, you can microwave the egg whites in a microwave-safe dish, covered with plastic wrap (leave a small vent), and heat in 30-second intervals until set.

### 2 Assemble the Sandwich:

- Slice the ciabatta rolls in half and toast lightly if desired.
- Layer the steamed egg whites on the bottom half of each ciabatta roll.
- Add the smoked chicken slices on top of the egg whites.
- Place a slice of cheddar cheese over the smoked chicken.

### 3 Melt the Cheese:

- Place the assembled sandwich in a preheated oven (or toaster oven) at 350°F (175°C) until the cheese melts slightly.

### 4 Serve:

- Top with the other half of the ciabatta roll and enjoy warm.