

Freezer Friendly Breakfast Sandwich

Servings: 4

Serving Size: 1 sandwich

Total Time: 30 minutes

Adapted From: Diabetes Food Hub

Ingredients:

4 whole wheat sandwich thins

4 oz low sodium deli ham

1 cup liquid egg white or egg substitute

4 slices low fat cheddar cheese

1 cup fresh spinach leaves, chopped

Nonstick cooking spray

Salt and pepper to taste

Directions:

1. Preheat oven to 350 degrees F. Spray an 8x8-inch casserole dish or sheet pan with sides with cooking spray.
2. Mix egg whites, chopped spinach and pinch of salt and pepper together in a medium sized bowl. Pour mixture into the pan and place in oven for 10-20 minutes uncovered. Time can vary on your oven so cook eggs until set (not jiggly on top) and a paring knife inserted in the middle comes out clean.
3. When your eggs are done, remove from oven and let cool for 10 minutes. Then, cut eggs into 4 squares or 4 circles using a biscuit cutter, drinking glass or a large round cookie cutter. Transfer to a plate and let cool completely before assembling the sandwiches.
4. Tear 4 pieces of aluminum foil into equal pieces. Next, assemble the sandwiches. Start with the sandwich thin bottom, then add the egg and spinach mixture, followed by 1 slice deli ham, then 1 slice cheese and finally the top of the sandwich thin. Wrap each individual sandwich in aluminum foil and write the contents and date on the sandwich with a permanent marker. Put all the sandwiches in a freezer bag or container. Freeze for up to 1 month.
5. *Reheating breakfast sandwiches:* For the best texture, first place the wrapped sandwiches in the fridge to thaw overnight. The next morning, unwrap the sandwich and place sandwich thins in a toaster to toast. Place egg, ham and cheese on a paper towel-lined plate and microwave for 30-60 seconds, or just until hot and the cheese is melted. Place egg, ham and cheese inside toasted sandwich thins and enjoy! Alternatively, you can defrost the sandwich from frozen by placing the sandwich in the microwave 1.5-2 minutes until warmed through, then toast sandwich thins.

Nutrition Information per Serving: 225 calories, 6g total fat, 3g saturated fat, 22g protein, 24g carbohydrate, 5g fiber, 3g sugar, 552mg sodium



Substitution Options:

1. You can replace the spinach with 1 cup finely chopped broccoli or other vegetable of your choosing.
2. You can use turkey bacon in place of deli ham.