

MONTE CRISTO SANDWICHES

4 slices loaf bread (whole wheat or white)
2 tablespoons honey mustard
2 (1-oz) thin slices ham
2(1-oz) thin slices turkey
2 (1-oz) slices Swiss or mozzarella cheese
2 eggs, beaten
¼ cup fat free half and half
1-2 tablespoons butter

Spread one side of 2 bread slices with mustard. Top remaining 2 slices with ham, cheese slice and turkey slice. Close sandwiches with mustard side down. Combine eggs and half and half in a small bowl and using wire whisk beat to combine. Place sandwiches in a shallow casserole dish and pour batter over sandwiches, pressing to absorb liquid. Turn sandwiches and press. Refrigerate sandwiches for 15 minutes. Heat a large skillet over medium heat and melt butter. Cook sandwiches in skillet on each side until golden brown and cheese has melted. May turn sandwiches again to make sure batter is cooked and bread is crispy. Cut each sandwich into 4 triangles. Serve with baked chips and pickle if used for lunch. If served for breakfast or brunch, serve with fresh fruit. Yield: 2 sandwiches.

**May also bake sandwiches in oven. In a separate casserole dish melt butter in casserole dish placed in oven. Remove sandwiches from batter and place in casserole dish in melted butter. Bake at 400 F for 20 minutes and place under broiler for 1-2 minutes (watch carefully).

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M-2712

Nutritional analysis per serving

Nutrient	Amount	%DRV	Nutrient	Amount	%DRV
Calories	554.01 cal	27.70	Sodium	1,177.92 mg	49.08
Protein	30.68 gm	61.36	Potassium	415.04 mg	11.86
Fat	30.33 gm	46.66	Vitamin A	910.02 IU	18.20
Carbo	37.32 gm	12.44	Thiamin	.47 mg	31.33
Calcium	368.52 mg	36.85	Riboflavin	.56 mg	32.94
Phos	520.34 mg	52.03	Niacin	4.91mg	24.55
Iron	3.47 mg	19.28	Vitamin C	7.85 mg	13.08
T.S.F.A.	14.02 gm	70.10	OLEI	8.75 gm	
LINO	2.31 gm		CHOL	297.42 mg	99.14
T.M.F.A.	9.55 gm		T.P.F.A.	2.68 gm	
VIT B12	1.45 mcg	24.17	ZINC	3.98 mg	26.53
DIET. FIB	3.91 gm	15.64	CRUDE FIB	.85 gm	

SHORTS AND FILLERS

(10 seconds) Oh, the weather outside is frightful, but dinner can be so delightful if you warm your family up with a “make your own omelet” buffet.

(10 seconds) Shhh, it’s a secret. Don’t tell your family but, why not surprise them before work or school with a mouthwatering, warm egg breakfast. Eggs are quick and easy and spell comfort on a cold morning.

(15 seconds) Did you know....eggs are nature’s own miracle food. With choline, riboflavin, Vitamin D, lutein and zeaxanthin all packed in one egg -- it is no wonder they are called Incredible!

(15 seconds) If the cold weather has you staying indoors with a case of *cabin fever*, grab the kids and head to the computer. Visit www.incredibleegg.org and click on “kids and family” for variety of fun and educational activities.

(20 seconds) Looking for a quick to fix comfort meal for your family on a cold winter night? Why not consider making a classic strata! Perfect as a way to use up leftovers, a strata can be tailored to include all your families’ favorites. The best part for busy families is that it can be assembled the night before and kept in the refrigerator until ready to bake.

(20 seconds) With the cold winds blowing in from the north, many families find themselves spending more time at home. This weekend, why not invite friends and neighbors over for a warm brunch. You can volunteer to make the eggs and everyone else can bring a dish for a hearty, comforting winter get together.