



EGG, SPINACH & CHEESE BREAKFAST SANDWICHES

Freezer-friendly for easy breakfasts and snacking

INGREDIENTS

Prep Time: 30-40 Minutes

Servings: 8

8 Eggs
1 cup Milk
2.5 ounces raw Baby Spinach, chopped
1/2 teaspoon Salt
1/4 teaspoon Black Pepper
Non-Stick Spray
8 slices Cheese, we used Provolone
Bread for 8 Sandwiches - English Muffins,
Sandwich Bread, Sandwich Thins, Biscuits,
etc.

Optional Additions:

Sausage, Bacon, Ham, Onion, Garlic or
Avocado (add after re-heating)

DIRECTIONS

- 1. Make the egg filling:** preheat the oven to 350F and line a 9x13 pan with foil. Spray liberally with non-stick spray. Evenly sprinkle chopped spinach leaves in bottom of pan.
- 2. In a large bowl, whisk together eggs, milk, salt and pepper.** Pour into prepared pan and bake 15-20 minutes, or until eggs are set and edges just begin to brown. Remove from oven and cool.
- 3. Assemble the sandwiches:** slice cooled egg mixture into 8 pieces. Place one egg square and a slice of cheese on your bread of choice.
- 4. Wrap tightly in plastic wrap and freeze until ready to eat.** Alternatively, egg squares can be frozen separately and thawed in the microwave - serve on toasted bread with cheese.

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