

Beef And Spinach Breakfast Sandwich

A great way to use leftover steak or roast! This recipe combines beef, egg and spinach on a thin sandwich roll.

INGREDIENTS

12 ounces leftover cooked beef (such as steak, roast like Prime Rib Roast, pot roast or deli roast beef), thinly sliced

4 eggs or 1 cup egg substitute

1/2 cup chopped fresh baby spinach

1/2 cup diced tomatoes

Salt and pepper (optional)

4 slices reduced-fat Swiss cheese

4 whole wheat round thin sandwich breads, split, toasted



20 Min



4

Servings



42 Cal



42g

Protein

COOKING

1. Combine eggs, spinach and tomato in medium bowl. Spray large nonstick skillet with cooking spray; heat over medium-high heat until hot. Add egg mixture; cook 2 to 4 minutes or until eggs are almost set, stirring occasionally. Sprinkle with salt and pepper, if desired.

2. Divide egg mixture into 4 separate portions in pan. Evenly top with cheese and beef. Remove from heat and cover. Let stand 1 to 2 minutes or until cheese is melted.

3. Place one egg portion on bread bottoms. Close sandwiches; serve immediately.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		14g	76mg		22g	42g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com