

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 42 Cal 42g
 Servings 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		
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