



## Easy Freezy Breakfast Sandwiches



1/4th of recipe (1 sandwich): 214 calories, 4.5g total fat (2g sat. fat), 588mg sodium, 28g carbs, 6.5g fiber, 2g sugars, 20.5g protein

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**Prep:** 5 minutes    **Cook:** 25 minutes

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### Ingredients

1 1/2 cups (about 12 large) egg whites or fat-free liquid egg substitute  
1 tbsp. dried minced onion  
1/8 tsp. black pepper  
4 light English muffins  
Four 1/2-oz. slices Canadian bacon  
1/2 cup shredded reduced-fat cheddar cheese

### Directions

Preheat oven to 375 degrees. Spray an 8" X 8" baking pan with nonstick spray.

In a medium-large bowl, combine egg whites/substitute with seasonings. Whisk thoroughly.

Pour egg mixture into the baking pan. Bake until firm and cooked through, 18 - 20 minutes.

Meanwhile, split and toast the English muffins. Bring a large skillet sprayed with nonstick spray to medium heat. Cook Canadian bacon until lightly browned, about 1 minute per side.

Sprinkle cheese over baked egg mixture. Bake until melted, about 2 minutes.

Slice egg bake into 4 squares. If eating immediately, lay a square on top of each bottom muffin half. Top with Canadian bacon. Finish with top muffin halves.

**To freeze:** Before assembling sandwiches, let egg bake squares cool completely, about 30 minutes. Once assembled, tightly wrap each sandwich in plastic wrap or aluminum foil, and place them in a large sealable freezer bag (or container). Remove as much air as possible, and freeze for up to a month.

**To reheat:** Unwrap one frozen sandwich, tightly wrap in a paper towel, and place on a microwave-safe plate. Microwave at 50 percent power for 1 1/2 minutes. Microwave at full power for another 1 1/2 minutes, or until cheese has melted and sandwich is hot.

MAKES 4 SERVINGS

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