



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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



More: [Breakfast Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.