

Frittata Breakfast Sandwich

Recipe makes 6 meals

Ingredients

- 12 Whole Eggs
- 9 slices Bacon
- 6 Arnold Sandwich Thins
- 6 slices Cheddar Cheese
- 2 C Spinach, chopped
- 1 C Shredded Cheese, divided
- 1-2 Tbsp Hot Sauce, optional
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Onion Powder
- 1 tsp Salt
- 1/2 tsp Black Pepper



Nutrition Profile

- per meal -

Calories - 440

Fat - 28g

Carbohydrates - 23g

Protein - 35g

Estimated Cost
Per Meal

\$2.72

  @zachcoen

www.mindbodyandnutrition.com

Instructions

1. Start by cracking 12 eggs and adding them to a large mixing bowl. Add 1-2 Tbsp hot sauce (optional, but gives some good flavor), 1 Tbsp garlic powder, 1/2 Tbsp onion powder, 1 tsp salt, 1/2 tsp black pepper. Whisk everything together well. Some of the seasoning may clump together so be sure to break that up.
2. Add in 1/2 cup of the shredded cheese (leave the other 1/2 cup top your eggs before going in the oven). Add in your chopped spinach and mix everything together.
3. Spray a sheet pan with non-stick cooking spray and pour in your egg mixture. Top with your remaining 1/2 cup of shredded cheese.
4. Place the sheet pan in the oven and cook for 20 minutes on 350°F.
5. While your eggs are cooking, set out 6 squares of aluminum foil. Toast your sandwich thins and arrange on your aluminum foil pieces.
6. Add 1.5 slices of bacon to each sandwich. If you are using fresh bacon, be sure to cook it first. If using the precooked, you can just add it as is. Add 1 slice of cheddar cheese to the other side of the sandwich.
7. After 20 minutes, check your eggs and make sure they are cooked through. Once cooked all the way, cut into 6 even squares.
8. Add one frittata to each sandwich on top of the cheddar cheese. Keeping the cheese separate from the bacon will help with reheating and ensuring the bacon crisps up each day.
9. Wrap tightly and store in sealable container. Refrigerate or freeze.
10. Enjoy!



Notes

- Be sure to watch the video for details on the sandwich thins and bacon.
- This recipe is a little higher in fat than most of my others. If you have a medical condition that requires lower dietary fat, there are a few substitutions you can make to easily adjust. You can swap the whole eggs for egg whites. Swap the cheese for reduced or low fat versions. And you can swap the bacon for turkey bacon or leave it out completely.
- When reheating these each day, do NOT reheat them while they are in the aluminum foil. Take them out, place them on a microwave safe dish, open the sandwich to expose the bacon, and cover with a paper towel.
- Take them out of the freezer and let them thaw in the fridge the night before. You should only need to reheat them for about 60 seconds.
- Add a little mayonnaise, ranch, or sauce of your choice to kick the flavor up a notch.