

United Way of St. Charles is proud to partner with St. Charles Parish Hospital to bring you monthly healthy recipes approved by Registered Dietitian Laurie Acosta, RD, LDN, CDE.

United Way of St. Charles and St. Charles Parish Hospital: Working Together for a Healthier Community

Back to School Breakfast Sandwich



INGREDIENTS:

- 2 Slices Turkey Bacon
- 1 Cup Fresh Spinach, Chopped
- 1 Whole Wheat Sandwich Slim
- 1/3 Cup Liquid Egg Whites
- 1/4 Cup Reduced-Fat, Shredded Cheddar Cheese
- 1-2 Tomato Slices
- 1 Thin Red Onion Slice



Makes 1 serving.



Prep time 15 min.

CALORIES
303

FIBER
8G

PREPARATION:

- 1.) Cut pieces of turkey bacon in 1/2 to make 4 pieces and place in a small skillet on medium heat (or microwave according to package instructions).
- 2.) When fully cooked, remove bacon, blot with a paper towel and set aside.
- 3.) In the same skillet, spray with nonstick cooking spray and add chopped spinach.
- 4.) Sauté spinach and then add egg whites, salt and pepper.
- 5.) Scramble and cook mixture.
- 6.) When egg whites are cooked, add cheese and mix thoroughly.
- 7.) Place sandwich thin in the toaster and toast.
- 8.) Place egg/cheese/spinach mixture on bread half and top with turkey bacon slices, tomato slice and onion.

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