MEAL PREP
BREAKFAST SANDWICHES

Serves: 12
Approximate Cost of the Recipe: $6.05
Approximate Cost per Serving: $0.51

INGREDIENTS:

- 2 cups spinach
  - Fresh, frozen, or canned
- 2 cups chopped onions and peppers
  - Fresh or frozen
- 1 (14.5 oz) can diced tomatoes, drained
  - Or 2 fresh tomatoes, diced
- 12 eggs
- 1 tablespoon salt
- 1 tablespoon olive oil
- 1 loaf whole wheat bread

DIRECTIONS:

1. Wash hands and surfaces. Rinse any fresh produce used under running water.
2. Preheat oven to 350° F. Grease a baking sheet and set aside.
3. Crack eggs into a bowl and whisk.
4. Add spinach, onions and peppers, tomatoes, and salt to eggs. Mix until well combined.
5. Pour eggs onto greased baking sheet. Carefully transfer pan to oven and bake for 15-20 minutes or until cooked through.
6. Allow eggs to cool completely and then cut into 12 squares.
7. Make sandwiches with cut eggs and bread. Wrap tightly in parchment paper or tin foil and label with date. Store in the refrigerator for 3-4 days or in the freezer for up to 3 months.
8. To eat, unwrap and heat up sandwich in a microwave, toaster, or oven until hot. Enjoy!

Prepared by Rhode Island Community Food Bank’s Healthy Habits, Eating Well on a Budget Program.
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