

# Baked Monte Cristo Sandwiches

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## Servings: 4

1 egg  
1 tablespoon water  
all-purpose flour  
1/2 package (17.3 ounce) Pepperidge  
Farm Puff pastry Sheets (one sheet),  
thawed  
8 thin slices (4 ounces) deli Swiss  
cheese  
confectioner's sugar  
pure maple syrup

## Preparation Time: 15 minutes

Preheat the oven to 400 degrees.

In a small bowl, beat the egg and water with a fork.

Sprinkle the flour on the work surface. Unfold the pastry sheet on the work surface. Roll the pastry sheet into a twelve-inch square. Cut the square into four six-inch squares. Brush the edges of the pastries with the egg mixture.

With a corner of one pastry facing you, place two slices of cheese on the bottom half of the pastry.

Fold the pastry over the filling to form a triangle. Press the edges to seal. Crimp the edges with a fork. Repeat with the remaining pastries. Brush the pastries with the remaining egg mixture. Place the pastries on a baking sheet.

Bake for 20 minutes or until the pastries are golden brown. Sprinkle the pastries with the confectioner's sugar.

Serve with the maple syrup.

Start to Finish Time: 1 hour 15 minutes

*Easy Substitution: For a savory twist, serve with Dijon-style mustard instead of the maple syrup.*

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Per Serving (excluding unknown items): 19 Calories; 1g Fat (62.6% calories from fat); 2g Protein; trace Carbohydrate; 0g Dietary Fiber; 53mg Cholesterol; 18mg Sodium. Exchanges: 0 Lean Meat; 0 Fat.

Sandwiches

**Calories (kcal):** 19  
**% Calories from Fat:** 62.6%  
**% Calories from Carbohydrates:** 2.2%  
**% Calories from Protein:** 35.2%  
**Total Fat (g):** 1g  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 53mg  
**Carbohydrate (g):** trace  
**Dietary Fiber (g):** 0g  
**Protein (g):** 2g  
**Sodium (mg):** 18mg  
**Potassium (mg):** 17mg  
**Calcium (mg):** 7mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 61IU  
**Vitamin A (r.e.):** 17 1/2RE

**Vitamin B6 (mg):** trace  
**Vitamin B12 (mcg):** .2mcg  
**Thiamin B1 (mg):** trace  
**Riboflavin B2 (mg):** .1mg  
**Folacin (mcg):** 6mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 19 **Calories from Fat:** 12

### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	trace	2%
<b>Cholesterol</b>	53mg	18%
<b>Sodium</b>	18mg	1%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	0g	0%
<b>Protein</b>	2g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.