

Griddled Monte Cristo Sandwiches

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Servings: 8

*1/2 bakery Challah loaf, cut
into 1/2-inch-thick slices
8 tablespoons seedless
raspberry jam
8 slices Swiss cheese
8 slices roast turkey
8 slices tavern ham
3 large eggs (or 3/4 cup
egg substitute), beaten
1/4 cup whole milk
3 tablespoons unsalted
butter*

Place the bread on a flat work surface. Spread one teaspoon of jam on each slice of bread. Top four slices with even amounts of cheese, turkey and ham. Place the remaining bread slices, jam-side down, on top.

In a bowl, combine the eggs and milk. Whisk thoroughly. Soak the sandwiches in the egg mixture (about 2 minutes per side), turning to coat.

Melt three tablespoons of butter in a large, nonstick saute' pan on medium heat. Add the sandwiches. Cook for 4 to 5 minutes on each side or until browned and the centers are hot. Cut in half.

Serve with additional jam, if desired.

Per Serving (excluding unknown items): 469 Calories; 36g Fat (68.6% calories from fat); 33g Protein; 4g Carbohydrate; 0g Dietary Fiber; 117mg Cholesterol; 299mg Sodium. Exchanges: 4 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat.