

Misc.

Monte Cristo Sandwich

Woman's Day magazine

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 15 minutes

2 tablespoons Dijon mustard

8 1/2-inch thick slices white bread

6 ounces turkey breast, thinly sliced

6 ounces ham, thinly sliced

6 ounces Swiss cheese, thinly sliced

4 teaspoons olive oil

2 large eggs

2 tablespoons whole milk

Spread the mustard evenly on the bread and form sandwiches with the turkey, ham and cheese.

Heat two tablespoons of the oil in a nonstick skillet over medium-low heat.

In a shallow baking dish, whisk together the eggs and milk. Dip two of the sandwiches in the egg mixture, turning to coat, and place in the skillet.

Cook, covered, until the bottoms are golden brown, 3 to 4 minutes. Turn and cook, covered, until the bottoms are golden and the cheese has melted, 3 to 4 minutes more. Transfer to a baking sheet and cover with foil to keep warm.

Repeat with the remaining oil, egg mixture and sandwiches.

Per Serving (excluding unknown items): 518 Calories; 28g Fat (49.7% calories from fat); 36g Protein; 29g Carbohydrate; 1g Dietary Fiber; 196mg Cholesterol; 1095mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.