
Cheesy Spinach Omelet Sandwich

Jessica D'Ambrosio, Melissa Gaman, Khalil Hymore and Steve Jackson
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Servings: 4

Start to Finish Time: 25 minutes

6 large eggs

Kosher salt

freshly ground pepper

3 scallions, thinly sliced

4 cups (about 2-1/2 ounces) baby spinach

1 baguette, cut crosswise into four pieces, each piece split open

6 to 8 slices (4 ounces) provolone, cheddar or American cheese

2 tablespoons mayonnaise-mustard blend

8 thin slices (4 ounces) ham

radishes (for serving)

olives (for serving)

Preheat the oven to 350 degrees.

In a large bowl, whisk the eggs, 1/2 teaspoon salt and a few grinds of pepper. Whisk in the scallions. Set aside.

In a large ovenproof nonstick skillet over medium heat, melt the butter. Add the spinach. Season with salt and pepper. Cook, tossing to wilt, for about 1 minute. Add the eggs to the skillet and move the spinach evenly around with a wooden spoon. Cook until the edges are slightly set, about 1 minute.

Transfer the skillet to the oven, along with the baguette pieces. Bake until the bread is toasted and the omelet is just cooked through but not browned, 4 to 6 minutes. Arrange the cheese slices over the omelet during the last minute of cooking to melt.

Slide the omelet out of the skillet onto a cutting board. Spread the mayonnaise-mustard blend on one side of each baguette piece. Cut the omelet into eight wedges. Fill each baguette piece with two omelet wedges and two slices of ham.

Serve with radishes and olives.

Sandwiches

Per Serving (excluding unknown items): 917 Calories; 39g Fat (39.5% calories from fat); 67g Protein; 69g Carbohydrate; 4g Dietary Fiber; 472mg Cholesterol; 4353mg Sodium. Exchanges: 4 Grain(Starch); 8 Lean Meat; 0 Vegetable; 3 Fat.