



# Electric Skillet Breakfast Sandwich

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

Yield: 50 servings

Serving Size: 1 sandwich

## Ingredients

### Sandwiches

- 50 multigrain buns
- 45 eggs
- 500 ml milk
- 5 ml salt
- Butter or oil for cooking
- 500 g grated cheese (cheddar or feta)
- 50 g (about 2 cups) baby spinach

### Condiments

- Mayo + ketchup
- Optional: Tomato slices
- Variation: Basil Pesto mixed into mayo

### Plant-based option

Use Scrambled tofu eggs\* instead of eggs and sliced avocado instead of cheese

## Method

### Step 1

Using 2 large bowls, crack eggs and mix with milk and salt.

### Step 2

Melt 15 ml butter or oil on med-low heat on an electric skillet. Add 2 ladle-fulls of egg mixture. Let it cook until it starts to set, then fold over, allowing uncooked egg to run onto pan. When almost set, sprinkle on cheese and spinach. Roll into a log and cut in 6 even pieces. (alternately, you can make an omelette and slice).

### Step 3

Keep cooked egg slices warm in crock pot until ready to serve.

### Step 4

Repeat steps 2 and 3 until egg mixture is finished.

### Step 5

Spread condiments onto multigrain buns. Assemble sandwiches, and serve warm.

\*To make scrambled tofu eggs: Crumble/mash one package firm tofu. In a skillet, heat 15 ml olive oil. Add tofu with 15ml nutritional yeast, 2 ml each garlic powder, onion powder and turmeric, 3 ml salt, 30 ml unsweetened plant-based milk. Mix and mash together until evenly blended..



- Cook eggs until internal temperature reaches 74° C.
- Cooling: From 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.