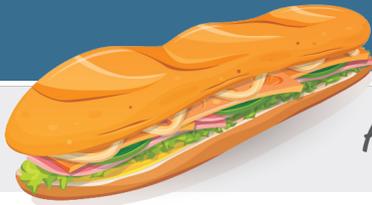


CUBAN BREAKFAST SANDWICH



August 23

National Cuban Sandwich Day

INGREDIENTS

- 16 Slices Cuban Bread (enriched or whole grain-rich; at least 28 grams each)
- 8 Tablespoons Unsalted Butter
- 8 Deli Ham Slices (½ ounce each; without binders, filler or extenders)
- 8 Swiss Cheese Slices (½ ounce each)
- Salt and Pepper (to taste)
- 8 Large Eggs
- 4 Tablespoons Olive Oil or Butter
- Fresh Parsley or Chives (optional garnish)

DIRECTIONS

1. Spread a generous layer of unsalted butter on one side of each bread slice.
2. On the unbuttered side of two bread slices, layer a slice of ham and a slice of Swiss cheese.
3. Top with the remaining bread slices, buttered side facing outwards.
4. Heat a non-stick skillet or griddle over medium heat. Place the assembled sandwiches on the skillet and cook for about 3-4 minutes on each side, or until the bread is golden brown and the cheese is melted. Press down gently with a spatula to ensure even grilling.
5. While your toast is grilling, heat a separate skillet over medium heat and add olive oil or butter. Crack the eggs into the skillet, season with salt and pepper, and cook to your desired doneness.
6. Once the toast is ready, transfer the sandwiches to a cutting board. Carefully place a fried egg on top of each sandwich. Garnish with fresh herbs if desired, and serve immediately while everything is warm and melty.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Breakfast

YIELD

8 Sandwiches

PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Sandwich	¼ Sandwich	½ Sandwich	1 Sandwich