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## Udi's Gluten-Free Turkey & Swiss Baked Monte Cristo Sandwich

Recipe created by Stephanie Clairmont, MHSc, RD at the Clairmont Digestive Clinic  
Courtesy of [Udi's Gluten Free](#).

This savoury sandwich is sure to be an ooey, gooey family favourite. Loaded with melty cheese, this tasty lunch classic can be whipped up in no time and served steaming hot at the table or cold in a lunch box.

### What You Need:

- 2 Large Eggs
- 1/8 tsp. or .5ml ground cinnamon
- pinch of salt and pepper
- butter or margarine to coat pan
- 4 slices of Udi's Gluten Free White Sandwich Bread
- 3-4 oz. or 85-113 g thinly sliced roasted turkey breast
- 2 slices Swiss cheese



### How You Prepare

1. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
2. In a shallow bowl, beat together the eggs, cinnamon, salt and pepper.
3. Heat a large, non-stick skillet over medium heat and add enough butter or margarine to coat the bottom when melted. Briefly soak *Udi's Gluten-Free White Sandwich Bread* slices in the egg mixture and transfer to the heated skillet. Cook for 2 minutes per side or until golden brown and toasty. Transfer slices to the lined baking sheet.
4. To compose each sandwich, place half the turkey on two bread slices, top with a slice of cheese, and place remaining bread slices on top, pressing gently. Bake for 5 to 7 minutes or until the cheese is melted. Transfer baked sandwiches to serving plates, cut diagonally in half and serve immediately with the maple syrup or preserves.

**Makes 2 servings. Note from the Kitchen:** You can substitute any kind of meat or cheese you like. Try ham, leftover roasted chicken, or make a BLT! To pack in lunches, allow the sandwiches to cool completely before placing in an airtight container.

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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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