



Egg & Bacon Grilled Cheese

Maintenance to be mixed into your sandwich: egg, wheat bread

Ingredients:

- Egg maintenance
- 2-4 slices of bacon
- Salt and pepper to taste
- 2 thick slices of cheddar cheese (or vegan cheese if dairy allergic)
- 2 teaspoons of butter (vegan butter if dairy allergic)
- 2 slices of Sara Lee Wheat bread (use alternative bread if wheat allergic)



Instructions:

1. Cook your slices of bacon per package instructions
2. Heat oil in a medium skillet over medium heat
3. Add eggs and stir gently until scrambled. Salt and pepper to taste
4. Heat a large skillet over medium heat
5. Spread a thin layer of butter on one side of each slice of bread
6. On the un-buttered side of 2 slices, layer the cheese, bacon to your liking, and egg. Top with another slice of bread, butter side up.
7. Place in the preheated skillet and cook 3-4 minutes per side or until golden brown and cheese is melted.
8. Cut in half and serve.

Tip:

- For a smaller-sized sandwich, cut 1 slice of bread in half to form the sandwich

Storage:

- Serve immediately or store in the freezer for 1 month. To reheat bread, place in a toaster oven for 5-10 minutes to warm up.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: dairy, egg, wheat