

"Egg" Sandwich



PREP TIME

12 hrs

COOK TIME

12 mins



COURSE

Breakfast



SERVINGS

1 serving

CALORIES

411 kcal

INGREDIENTS

Egg Pattie

- ¼ c mung beans (aka moong dal lentils)
- ¼ c soy milk original unsweet
- 1 Tbsp nutritional yeast
- ½ tsp kala namak (aka Himalayan black salt or Indian black salt)
- ⅛ tsp salt
- ⅛ tsp onion powder
- ⅛ tsp garlic powder
- ⅛ tsp black pepper
- ⅛ tsp turmeric (for color)

The rest of the sandwich

- 2 slices Nature's Own 100% whole wheat bread (this is the only Nature's Own brand bread that's vegan)
- 1 cup spinach (or a large handful)
- 2-3 slices tomato
- 3 Tbsp guacamole (can substitute a slice of vegan cheese)

- 2 slices Lightlife smart bacon (optional)

INSTRUCTIONS

1. Rinse the mung beans in a strainer until the water runs clear. Soak the mung beans overnight in 1 cup of water.
2. On one side of the skillet, precook the spinach with a little water to prevent burning or sticking. (If using the bacon, on the other side of the skillet use a little spray oil to prevent sticking, and precook the Lightlife smart bacon. Set aside.)
3. Take the mung beans out of the fridge, and strain and rinse it well. Using a rubber spatula, add the mung beans into the blender, along with all the other egg pattie ingredients. Blend for about a minute.
4. Place 2 slices of bread into the toaster and start toasting them. It will finish close to when the pattie is done so that the bread will be warm when serving.
5. Spray the skillet with just enough canola oil to prevent sticking. Turn on the stove burner to medium heat.
6. Pour the egg pattie mixture into the skillet — pour it into a cylinder shape so that when it's done cooking, you can fold it in half to fit nicely onto the slice of bread. Cover the skillet with the lid. Let cook for 1 to 3 minutes. Keep an eye on it. If it starts to smoke, reduce the heat. You'll know the side is done when you can see the edges starting to cook, just like when cooking a pancake. Flip the pattie over with the spatula and allow the other side to cook. Using the regular spatula, lightly score the egg pattie in half to make it easier to fold in half. Fold the pattie in half, and place it onto the toasted bread.
7. Add your tomato, cooked spinach, and bacon onto the sandwich. Spread the guacamole onto the top piece of toasted bread. Finish building the sandwich and serve immediately while it's hot!

NUTRITION

Nutrition Facts

"Egg" Sandwich

Amount Per Serving

Calories 411 Calories from Fat 72

% Daily Value*

Fat 8g 12%

Carbohydrates 60g 20%

Protein 31g 62%

* Percent Daily Values are based on a 2000 calorie diet.

