

### HIGH PROTEIN **SANDWICH RECIPES**









# French Toast Egg Sandwich

#### **Ingredients**

- 2 slices of Protein Bread
- ∅ 3 whole eggs
- igotimes 1 slice of cheddar cheese
- 1/4 oz ICON Cinnamon Honey Butter Flavor

- Mix one egg with milk and ICON Cinnamon Honey Butter Flavor
- Dip bread in milk mixture and cook in pan over medium high heat. Flip once golden brown.
- Cook bacon and eggs to liking.
- Assemble the sandwich!
  Place cheese between eggs
  and bacon. Plate & serve!





# Gooey Grilled Three Cheese Sandwich

#### **Ingredients**

- 2 slices of Protein Bread
- 1.5 oz sharp cheddar cheese
- 1.5 oz of gournay cheese
- onn-stick cooking spray

- Lightly spray griddle with nonstick cooking spray then place bread on griddle.
- Once bread is golden brown, spray non-stick spray on the non-cooked side, flip bread, and add all three cheeses on top of cooked side.
- Place other piece of bread on top of cheese. Flip once bottom of bread is golden brown.
- Cover pan with lid, and continue to cook 2-3 minutes or until bottom piece of bread is golden brown.
- Plate and serve!





### Caprese Melt

#### **Ingredients**

- 2 slices of Protein Bread
- ✓ 1 large vine ripe tomato
- 4 oz buffalo mozzarella

- salt and pepper to taste

- Heat non-stick pan to medium high heat. Brush bread with olive oil. Place in pan.
- Lightly toss tomatoes in remaing olive oil. Quickly sear tomatoes until colored on outside, but still firm inside.
- Flip bread once browned. Place 3 slices of cheese on each side.
- Place tomato on top of cheese and cook until cheese is desirably melted. Top with fresh basil. Plate & serve!



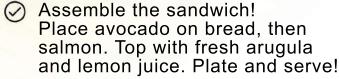
### Salmon Arugula Avocado Sandwich

#### Ingredients

- 2 slices of Protein Bread
- 5 oz salmon filet

- Fresh arugula
- Non-stick cooking spray
- 1/6 oz ICON Vodka Lemon Pepper Flavor

- Heat non-stick pan to medium high heat and lightly coat with non-stick spray.
- Evenly dust salmon with ICON Vodka Lemon Pepper Flavor. Place belly down in pan. Once salmon is 1/4 way cooked through, flip.
- Slice avocado into strips, and begin toasting bread.
- Once salmon is cooked to 145°F, remove from heat, and allow 5 minutes to rest.







## Grilled Chicken Pesto Portobello

#### Ingredients

- 2 slices of Protein Bread
- ∅ 5 oz of chicken breast
- 1 large portobello cap
- 2 oz pesto sauce
- 1/6 oz of ICON Butter Herb Flavor

- Evenly dust chicken with Butter Herb Flavor
- Lightly spray grill with non-stick spray and sear on both sides until cooked through.
- Place clean portobello mushroom on grill until seared and cooked.
- Toast bread, then spread pesto on both slices. Assemble sandwich and serve!