

# Green Eggs and Ham Biscuit

**Number of Portions:** 100

**Portion Size:** Grades K-12: 1 sandwich

## INGREDIENTS:

K-12  
Quantities:

Biscuits, whole grain-rich		100 Biscuits (54g)
Ham 		4 lbs.
Mozzarella Cheese 		1 5/8 lbs.
Egg Patties, frozen 		100 Patties (1 1/4 oz)
Mayonnaise, reduced calorie 		4 1/2 cups
Yellow Mustard		3/4 cup
Honey		1 1/4 cups
Lemon Juice		1/2 cup
Garlic Powder		3 Tbsp.
Basil, fresh		1/2 cup
Spinach, raw		1 3/4 lbs.

 = Available through USDA Foods

## DIRECTIONS:

Preheat convection oven to 325 ° F.

### PREPARE INGREDIENTS:

Slice ham to equal 0.5 ounce M/MA equivalent slices. Shred cheese. Chop basil. Thaw egg patties in the refrigerator.

### PREPARE WHOLE GRAIN BISCUIT:

Bake according to manufacturer's instructions. Slice each biscuit in half.

### PREPARE BASIL HONEY MUSTARD:

In a mixer, use the whisk attachment to mix mayonnaise, mustard, honey, lemon juice, garlic powder, and chopped basil. Mix well. Chill and store in the refrigerator for up to three days.

### ASSEMBLE, HEAT AND SERVE:

In the center of each biscuit, add 0.5 ounce equivalent slice of ham, 1 egg patty, 1/8 cup fresh spinach, and .25 ounce cheese. Wrap sandwiches in individual foil sheets. Place sandwiches in a single layer on baking sheets. Bake for 8-10 minutes or until internal temperature of sandwiches reads 165 ° F for 15 full seconds.

Serve with 1 tablespoon of chilled basil honey mustard on the side.



Estimated  
Food Cost:

35¢



## Chef Brenda's Tips

-  The basil in this recipe adds a gourmet flavor profile to a sandwich that may otherwise sound like a common fast food item. The spinach and basil may be unfamiliar to students, but combining these ingredients with foods they are used to eating is a great way to encourage them to try new things.
-  During the testing phase of this recipe, we placed the cheese on top of the spinach, which melted the cheese to the vegetable—and prevented students from removing it.
-  These sandwiches can be prepared ahead of time (assembled, wrapped in foil, and stored in the refrigerator) to heat for the next day.

### RECIPE CONTRIBUTIONS:

	GRADES K-12
<b>Grains Contribution</b>	<b>3.5 oz eq</b>
<i>Grains Total</i>	<i>1.75 oz eq</i>
WGR biscuit	1.75 oz eq
<i>Meats/MA Total</i>	<i>1.75 oz eq</i>
Ham	0.5 oz eq
Eggs	1.0 oz eq
Cheese	0.25 oz eq

