



Monte Cristo

A Snazzy French-style grilled cheese, with dijon, ham, turkey, swiss cheese, powdered sugar and jam

No... this sandwich isn't from the famous French novel, "The Count of Monte Cristo". (if you haven't seen it, the movie with Jim Caviezel is awesome!!). It's essentially a fancy French grilled cheese sandwich with ham, turkey, dijon mustard and swiss cheese. It then gets dipped into an egg batter and cooked, like French toast, before being dusted with powdered sugar and served with fresh raspberry jam.

Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving Size: 1 sandwich



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 4-5
 (see notes)

These points DO NOT INCLUDE THE BREAD!!
 These are the points for the "FILLING"! Add my points to whatever sliced bread you end up using.

Ingredients:

Seedless Raspberry Spread/Dip: (makes 1 cup)

- 12oz fresh raspberries (oooo, any berries you want)
- 1/4 cup 0 calorie sugar replacement o' choice
- 1 tsp lemon juice
- 2 Tbsp water
- pinch of salt
- 1/2 cup water
- 1-1/2 tsp cornstarch, dissolved into the 1/2 cup water

Sandwich:

- 8 slices any Keto-brand white bread (I used orrowheat)
- 8 slices ultra thin sliced swiss cheese (see notes)
- 3-4 Tbsp dijon mustard
- 3oz (8 slices) deli thin sliced black forest ham
- 4oz (12 slices) prepackaged deli sliced turkey breast
- butter flavored cooking spray

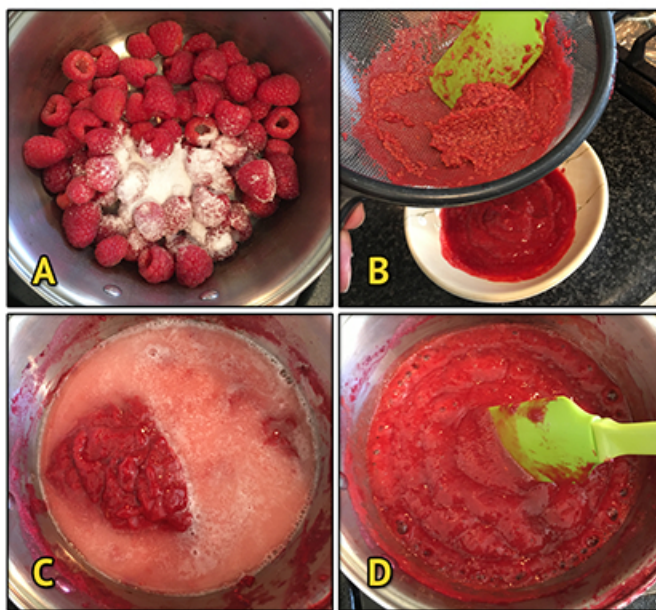
Egg Batter

- 3 medium eggs
- 1/2 cup unsweetened PLAIN almond milk (not vanilla)
- 1/4 tsp ground nutmeg
- 1/2 tsp salt

Additional Ingredients/Gear:

- 0 calorie confectioners sugar replacement
- wire mesh strainer, for dusting

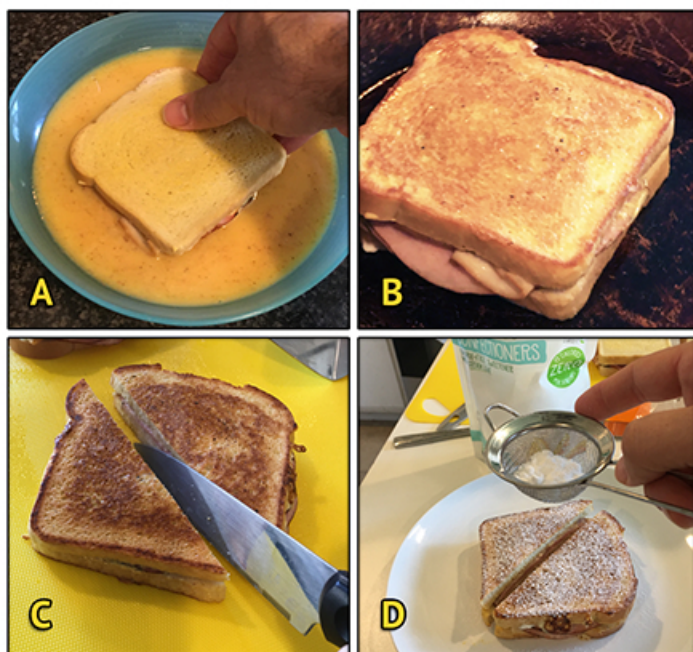
Directions:



1. (A) Preheat a pot for 1 minute over medium heat. Add the first 5 ingredients for the raspberry dip and bring them to a boil. Lower heat slightly and let simmer for 20 minutes. (B) Pour the super-seedy cooked down mixture into a wire mesh strainer, over bowl. Use a kitchen spoon to press the mix into the strainer over and over, until only smooth puree is down in the bowl and all the seeds are removed. (C) Return the seedless puree back into the pot, along with 1/2 cup water and the dissolved cornstarch and bring back to a boil. (D) Boil over medium heat for 5 minutes. Remove from heat, set aside to cool, then move it to the fridge to set.



- 2 (A) Lay out the bread slices for all 4 sandwiches. Smear some dijon mustard onto 1 side of each slice of bread. Next, place 1 thin slice of swiss cheese over each slice, on top of the dijon. (B) Place 3 thin slices of turkey breast over the swiss cheese, on 1 side of each sandwich. (C) Next, place 2 slices of thin ham over the turkey. (D) Finally, put both halves of the sandwiches together. Spray both sides of each sandwich with the butter flavored cooking spray. Set aside. Can be stored in the fridge 1 day in advance.



- 3 (A) Whisk the batter ingredients together, set aside in a wide bowl. Preheat a pan over medium heat till water sizzles on it's surface then... place 1 sandwich into the egg batter. Let it sit for a few seconds, then flip and quickly soak the other side. (B) Cook each side for 3 minutes, then remove from pan. (C) Use a serrated knife to slice each sandwich diagonally. (D) Place some confectioners sugar replacement into a wire mesh strainer and dust the top of each sandwich. Serve with 1/4 cup of the jam for dipping.

NOTES & SUGGESTIONS:

- **BREAD:** As always, my listed points DO NOT include the bread. I used Orrowheat brand Keto white bread for mine, which is 1 point per slice. However, use whatever type or brand of low point sliced bread you'd like, then add my points to it.
- **POINTS FOR 1 SANDWICH!!!!:** This is another sandwich where the "1 serving" points shown on the recipe page are actually WAY lower if you only eat/make 1 single sandwich for yourself. The points I show on pg. 108, once again, take into account the ingredients for ALL FOUR SANDWICHES, spread across them. For true accuracy though... if you are only going to have 1 single sandwich, the points for it are REALLY only 2 points for the filling (not 4) on the regular plan, and 3 points (not 5) on the diabetic plan. Why?... If you eat only 1 sandwich, the filling has 1 point from the cheese and 1 point for the ham. The almond milk is 0 points for an amount required to dunk one sandwich and the jam is 0 points on the regular plan, while a single serving would be 1 point for diabetics. So... 2 points for 'regular', 3 points for 'diabetics'.
- **TURKEY SLICES?:** Ok, this one's up to you. Different brands of thin sliced turkey breast deli meat have different points. Even though turkey breast is 0 points for a lot of us, some brands of thin sliced deli meat still have points for their turkey breast. In some cases, their 98% fat free turkey breast is higher in points than their HAM!!!! It makes no sense. For my recipe's points, I used a generic 0 point listing.
- **RASPBERRY JAM/SPREAD:** A couple things: First, if you don't like raspberry, you can swap it out with an equal amount of ANY fresh fruit, for this recipe. Personally, I would have preferred blueberry or blackberry, but... it was a better picture with red jam. Secondly, I am only straining the hot mixture to remove all of the seeds from the finished jam. If your chosen fruit doesn't have seeds, or you don't mind them, skip that step.

