

# Ham (or Sausage) Egg Boats

## Ham (or Sausage) and Egg Boats



Serves 4

Blue – 6 points with Canadian Bacon/7 points with Jones Chicken Sausage

Purple – 6 points with Canadian Bacon/7 points with Jones Chicken Sausage

Green – 10 points with Canadian Bacon/11 points with Jones Chicken Sausage

\*\*If you use different brands/ingredients, make sure to put your recipe in the recipe builder to calculate any point differences\*\*

- 4 club size rolls (I use Amoroso's Club Rolls)
- 8 eggs
- $\frac{1}{4}$  cup fat free half and half
- 4 oz Cabot 75% reduced fat cheese (shredded)
- 8 slices Canadian bacon diced or 8 links Jones Chicken Sausage. sliced
- 3 green onions (thinly sliced, optional)
- Sauteed veggies of your choice (optional)
- Salt and pepper to taste

1. Preheat oven to 350.
2. Cut and pull out the inside of each club roll, leaving a  $\frac{1}{2}$  inch shell. Set aside
3. In a large bowl, beat eggs with half and half, season with salt and pepper. Add in meat, cheese, and any veggies you are using.

4. Evenly divide the mixture into each "boat". Place boats on a baking sheet.
5. Bake for 25-30 minutes or until eggs are cooked and set in the center.
6. Let cool 10 minutes. Serve.