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KSL TV, Eyewitness News at Noon Monday, March 6, 2006

“Braided Breakfast Sandwich”

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Braid your favorite breakfast foods into a pocket guests will find delightful. Great Spring brunch idea! Serves 8

Ingredients:

- 1 loaf frozen bread dough, thawed*
- 2 tablespoons butter
- 2 tablespoons sliced fresh green onions
- 2 cups frozen Southern Style hash brown potatoes, thawed
- 1/3 cup chopped green pepper, optional
- 1 can (4 oz.) sliced mushrooms, drained
- 1 cup diced cooked ham
- 8 large whole eggs, slightly beaten
- 1 1/2 cups shredded cheddar cheese
- 1 egg white, beaten
- Sesame seeds, optional

Method:

Over medium heat, melt butter in skillet. Add green onions and sauté until limp. Add hash brown potatoes and green pepper; cook, stirring occasionally until potatoes are tender. Stir in drained mushrooms and ham. Add eggs; scramble just until set. Remove from heat, stir in cheese. Allow to cool while preparing bread dough.

Preheat oven to 350⁰ F. Spray a baking sheet with non-stick spray; set aside.

Spray clean counter or large cutting board with non-stick spray. Roll thawed bread dough into a 12x15 inch rectangle. Place cooled egg hash brown filling down center of dough (4-inches wide and 1 inch from top and bottom of rectangle). Cut 2-inch wide strips horizontally from the edge of the dough to within 1-inch of filling. Fold top strip down over filling. Fold bottom strip up over filling. Begin braid by bringing strips of dough over top of filling, folding strips right over left to create a braid on top of bread. Tuck the bottom strips under loaf. Gently lift bread and place on prepared baking sheet. Brush top with beaten egg white and sprinkle with optional sesame seeds. Bake 30-35 minutes or until browned. Cool slightly before slicing and serving.

*NOTE: Thaw bread dough according package directions. As an alternate, use favorite bread dough recipe. Allow bread to rise once, punch down, and continue with recipe as directed above.

Nutrition Facts

Serving Size 1 slice (213g)
Servings Per Container 8

Amount Per Serving

Calories 400 Calories from Fat 170

% Daily Value*

Total Fat 18g	28%
Saturated Fat 8g	41%
Cholesterol 250mg	83%
Sodium 850mg	36%
Total Carbohydrate 39g	13%
Dietary Fiber 3g	12%
Sugars 4g	

Protein 23g

Vitamin A 15% • Vitamin C 10%

Calcium 20% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4