

## Bread Cases

1 loaf wholemeal bread, crusts removed  
olive oil spray

### Suggested fillings

- Light sour cream with smoked salmon, topped with capers or fresh dill (cold)
- Creamed corn, cheese and bacon (heat through)
- Spinach, feta, egg and grated edam cheese (bake until set)
- Mushrooms, bacon and light sour cream (serve hot mixture in cold cases)
- Low fat cheese sauce with ham and asparagus or other savoury ingredients (heat through)
- Tomato, bean and vegetable mixture topped with cheese (heat through)

Spray patty pan tins with oil spray; cut bread into appropriate sized circles or squares and press into patty tins. Spray lightly with oil spray and bake at 180C for approx 10 to 15 minutes until golden brown and crisp.

### Health Habits:

- Using wholemeal bread – more fibre
- Using light sour cream – less fat
- Using edam cheese – less fat than regular cheddar
- Including lots of vegetables