

# Eat Happy Kitchen

## Anna Vocino

### **KETO CUBANO**

(Yields 2 sandwiches)

#### **INGREDIENTS**

- Swiss Chaffle Sandwich Slices (see recipe below)
- Yellow or Dijon mustard (check label for no sugar added)
- Roasted Pork Tenderloin (see recipe below)
- Ham slices (check label for no sugar added)
- Swiss cheese slices
- Dill pickles, sliced thinly (check label for no sugar added)
- Butter, if desired for finishing sandwich

#### **INSTRUCTIONS**

Sandwich assembly: spread mustard on the insides of both Swiss Chaffle Sandwich Slices. Add pork tenderloin, ham, Swiss cheese, and dill pickle.

If desired, heat butter up on a cast iron or nonstick pan until bubbling and hot. Sear sandwich on both sides in hot butter, pressing with a spatula. Or use a panini press for this final step.

Serve and eat that yummy sandwich!!

### **ROASTED PORK TENDERLOIN**

(Yields enough roasted pork for sandwiches, plus leftovers)

#### **INGREDIENTS**

- 1-2 pork tenderloins (1/2-1 lbs)
- Salt and pepper

- 1/4 cup olive oil
- 1 teaspoon cumin
- 1 teaspoon fresh chopped oregano leaves
- 1 teaspoon minced garlic
- Juice of half a lime
- Juice of half an orange (you can use a lemon in a pinch)

## INSTRUCTIONS

Preheat oven to 350 degrees.

Season pork tenderloin well with salt and pepper. Lay tenderloin on a large piece of foil on a baking sheet.

In a small mixing bowl, whisk together olive oil, cumin, oregano leaves, garlic, lime juice, and orange juice. Pour over tenderloin and fold foil over tenderloin into a pouch and shake the tenderloin a bit to dredge the liquid over it.

Bake on baking sheet for 25-30 minutes, or until pork tenderloin is done through, or slightly pink the middle. Remove from oven and let cool, then cut into slices for Keto Cubano sandwich.

## SWISS CHAFFLE SANDWICH SLICES

(Yields 4-5 slices)

### INGREDIENTS

- 2 cups shredded Swiss cheese, chopped into finer pieces
- 4 eggs
- 1 cup crush pork rinds or almond flour (I use [Pork Panko](#))
- Olive oil or coconut oil for the griddle

### INSTRUCTIONS

In a large mixing bowl, mix the Swiss cheese, eggs, and crushed pork rinds until evenly blended, but not overmixed.

Heat a 4" **Dash mini griddle** until hot. Drizzle olive oil to coat surface of griddle. Scoop 1/4 cup of cheese mixture onto griddle and press down griddle lid. Cook until done through, 90 seconds - 2 minutes. Carefully remove to a paper towel lined plate, repeat with remaining batter.

You can also make this on a cast iron or nonstick pan on medium high heat, making sure to press the batter with a spatula to desired bread thickness.