

# SANDWICH

## *inspirations*

### GET CREATIVE – KEEP HEALTHY

**This is an interesting filling,** a bagel filled with curd cheese mixed with chopped chives, creamed horseradish, seasoned with black pepper and flaked smoked mackerel on top of the cheese.

**A traditional Caesar salad** combined with chicken and served in a tortilla wrap. Mix together chicken strips with lettuce and grated parmesan and then spoon the mixture along the centre of a flour tortilla and roll the tortilla to secure the filling.

**Combine creamy tuna mayo** with crunchy celery and red onions and flavour with green pesto. Served as an open sandwich on sliced wholemeal or granary bread.

**Brie and grape sandwich – a** moreish sandwich with a tangy twist. 1 tsp of low fat spread on 2 slices of malted wheat grain loaf and fill with crispy lettuce, brie, walnuts, grapes and a dollop of low fat mayonnaise.

**Poached/smoked salmon wrap** with tangy lemon mayo and baby spinach leaves served in a flour tortilla wrap.



**Sausage special – this is an** unusual filling but it's worth trying. Take a long crusty roll, add a little mustard and low fat mayonnaise together with tomato ketchup and cooked sausage and add green apple slices, lettuce and watercress.

**Mix tuna in brine together** with red kidney beans or sweet corn, ½ inch cucumber, diced tomato and 1 tsp low calorie french dressing, black pepper and crushed garlic and serve in a ciabatta roll.

**Strong creamy stilton combined** with juicy sweet pears and mild peppery watercress served on walnut bread.

**Combine creamy avocado slices** with strips of bacon and watercress. Serve with low-fat mayonnaise in a wholemeal bap.

**Balsamic roasted tomatoes** with fresh basil, topped with slices of mozzarella cheese. Serve with 1 tsp of pesto and black pepper in a focaccia roll. A wonderful combination of traditional Italian flavour.

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### WATCHING YOUR WAISTLINE

#### **2 slices wholemeal bread filled**

with white crab meat mixed with chopped green apple, fresh dill and parsley, shredded little gem lettuce, squeeze of lemon juice, 1 tsp mustard and 1 tsp low fat mayonnaise.

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#### **Sliced turkey and 2 tbsp**

cranberry sauce on 2 slices of wholemeal bread.

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#### **Wholemeal pitta bread filled**

with flaked smoked mackerel, chopped chives, horseradish sauce mixed with 1 tbsp of low fat natural yogurt, watercress and a good squeeze of lemon juice.

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#### **Wrap filled with mashed**

avocado and grilled lean back bacon, watercress and tomato.

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#### **Ham salad on rye with pickled**

cucumber and red pepper.

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#### **Avocado wrap – mix together**

shredded little gem lettuce, avocado cut into small chunks and mix with low fat mayonnaise and plain low-fat yogurt in a soft tortilla wrap.



#### **Bap filled with crunchy peanut**

butter, mango chutney, squeeze of lemon juice, sliced cooked chicken breast mixed with 1 tsp low fat mayonnaise and shredded iceberg lettuce.

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#### **Rye bread filled with finely**

chopped spring onion, low fat soft cheese, juice of half a lemon, grilled lean smoked bacon, baby spinach leaves and cucumber.

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#### **Toasted bagel filled with**

cooked peeled prawns, mixed with finely chopped green chilli, lime juice, chopped fresh coriander, black pepper and salt to taste.

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#### **One slice of french baguette**

with 1 tsp low fat spread and 2 slices of ham.

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#### **Thinly sliced ham and gruyere**

cheese with english mustard on 2 slices of granary bread.

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#### **Slice white bread filled with**

lamb's lettuce, slice of cooked lean ham, half a sliced red apple and 1 tsp low-fat mayonnaise.