



Sandwiches To Go



Sandwiches are a quick and easy food for lunch. Try these sandwich ideas for your packed lunches.

Variations on Peanut Butter

- ❖ Mix 2 parts peanut butter and one part non-fat dry milk powder. Add honey or mashed bananas to taste. Spread on whole wheat bread or tortilla.
- ❖ Mix peanut butter and applesauce with a dash of cinnamon. Raisins and wheat germ can be added.
- ❖ Add sesame, pumpkin or sunflower seeds to peanut butter.
- ❖ Add dried fruit like raisins, chopped apricots, dried cranberries to peanut butter.
- ❖ Spread quick breads such as banana bread, nut breads, applesauce bread with peanut butter.
- ❖ Add cheese slices to a peanut butter sandwich.



Cheese Plus

- ❖ Grate or chop a mild cheese (low fat), add a little salad dressing and one or more of the following for a unique sandwich filling:
 - Pickle relish
 - Chopped nuts
 - Minced onion
 - Chopped green pepper, cucumbers, celery, zucchini, tomato
- ❖ Mix cottage cheese or low-fat cream cheese with one or more of the following to make a sandwich spread, vegetable dip, or pocket bread filler:
 - Minced green onions
 - Chopped tomatoes
 - Cucumbers
 - Bacon bits
 - Chopped green peppers



Vary Your Bread Choices

Choose whole grains often when making sandwiches:

- Bagels
- Tortillas
- Multi grain breads
- Pocket bread or pitas
- Buns - make a neater sandwich

