

SANDWICH ON A STICK

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 sandwich on a stick)

Nutrition (per serving)

Calories: 91

Total Fat: 2 g

Saturated Fat: 1 g

Sodium: 306 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Protein: 10 g



Ingredients

- 1 slice 100% whole wheat bread (choose gluten free bread for GF version)
- 4 oz (8 slices) Boar's Head® Turkey Breast 43% lower sodium
- 4 cherry tomatoes
- 8 chunks reduced fat cheese cubes
- 4 chunks red bell pepper
- 2 large lettuce leaves, cut into slices
- 4 skewers



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Directions

1. Cut bread into 12 square slices.
2. Place 2 folded slices turkey breast, 3 square slices of bread, 1 cherry tomato, 2 chunks of cheese, 1 chunk of red bell pepper, and 2 folded slices of lettuce on one skewer any way you would like.
3. Repeat.