

SANDWICH ON A STICK

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 Carbohydrate: 6

Total Fat: 2 g

Dietary Fiber: 1 g

Saturated Fat: 1 g

Protein: 10 g

Sodium: 306 mg

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

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.