



SMOKIN' TURKEY SANDWICH

May 13, 2009

- ¼ cup light mayonnaise
- 2 teaspoons canned chipotle peppers packed in adobe sauce
- 1 garlic clove, sliced
- 8 1-ounce slices Italian-style bread, lightly toasted
- 8 ounces thinly sliced, oven-roasted deli turkey
- 2 ounces shredded reduced-fat Mexican cheese
- 1 medium onion, thinly sliced
- 2 cups mixed field greens

1. Blend the first three ingredients in a blender or food processor until smooth.
2. Spread 1 tablespoon mayonnaise mixture onto 1 slice of bread. Add 2 ounces turkey breast, ½ ounce cheese, onion, and lettuce. Top with another slice of bread.
3. Repeat procedure for remaining three sandwiches.

Nutrition Facts per serving

Exchanges: 2 Starch, 2 Lean Meat, 1 Vegetable, 1 Fat

Calories 334, Calories from Fat 107, **Total Fat** 12 g, Saturated Fat 4g, **Cholesterol** 41 mg, **Sodium** 1078 mg, **Total Carbohydrate** 36 g, Dietary Fiber 3 g, Sugars 6 g, **Protein** 22g



HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

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Providing guidance and support to make the "healthy choice the easy choice!"

