

7 Steps to Creating a Sandwich

Sandwiches are easy to make and can serve as a quick meal for you or your family any time of day. Choose whole-grain bread, a variety of vegetables, fruit and lean protein to pack your sandwich full of nutrients. Sandwiches are versatile. You can make your sandwich cold, cook just the meat or grill the whole thing. Consider chopping vegetables; cooking eggs, chicken or beef; and slicing or shredding block cheese ahead of time.



1. Choose a base for your sandwich. Place one slice of bread on a plate.

- 2 slices whole-grain, rye, sour dough or 12-grain bread; whole-wheat sandwich thins; English muffins; bagels; pita pockets; or flatbread

2. Pick a spread. Using a butter knife, apply to one slice of your bread. You also can leave your bread dry and move on to the next step.

- 1 tablespoon margarine, guacamole, basil pesto, mayonnaise or mustard

3. Choose one or two protein foods to place on top of your spread or base of your sandwich.

- 2 tablespoons hummus
- 2 tablespoons peanut butter
- 2 ounces cooked fish
- 2 to 3 cooked meatballs
- 2 ounces cooked chicken, pork or beef
- 1 scrambled, fried or chopped, hard-cooked egg
- 2 ounces sliced turkey, roast beef or chicken
- 2 ounces canned chicken, tuna or salmon
- 2 ounces marinated/cooked or fried firm tofu

4. Add your favorite low-fat cheese (optional).

- 2 tablespoons sliced, shredded or crumbled pepper jack, Swiss, mozzarella, cheddar, feta, blue cheese or dairy-free cheese options (soy)

5. Pile on fruits and veggies! Choose one or more.

- 1 lettuce leaf
- 2 thin tomato slices
- 3 thin cucumber slices
- 1 tablespoon black or green olives
- 3 small pickle rounds
- 2 to 3 slices white, yellow or red onion
- 1 tablespoon chopped green onion
- 3 to 4 strips of red, green or yellow bell pepper
- 1 tablespoon chopped celery
- 1 teaspoon chopped banana peppers or jalapenos
- 1 tablespoon chopped grapes
- 1 to 2 tablespoons pineapple chunks
- 1 tablespoon dried cranberries or raisins
- 6 banana slices

6. Place the remaining slice of bread on top and enjoy!

7. Or grill your sandwich. If your sandwich isn't overflowing, you can spread olive, canola or vegetable (soy) oil on the outsides of both slices of bread and grill in a skillet on the stovetop until golden brown.

Quick tip: Thinly slice vegetables such as cucumbers and tomatoes to help prevent your sandwich from overflowing and make it easier for you to eat.

Quick tip: Pack “wet” ingredients such as tomatoes, pineapple, condiments and salad dressings in separate containers when making sandwiches that will be eaten later to prevent your bread from becoming soggy. Add them right before you eat.

Cold Sandwiches	Bread	Spread	Protein	Cheese	Vegetables or Fruit
Chicken Salad	Ciabatta roll	Plain Greek yogurt	Cubed cooked chicken and chopped pecans or walnuts		Chopped celery, chopped red grapes
Loaded Veggie	Whole-wheat sandwich thins		Roasted red pepper hummus	Crumbled feta cheese	Lettuce or romaine leaves, chopped red onion, cucumber slices, tomato slices
Cheddar and Apple	Whole-grain bread	Honey mustard	Turkey, ham or bacon	Sharp cheddar	Apple wedges
Roast Beef	Pita bread	Horseradish, mayonnaise	Roast beef		Onion, arugula, cucumbers
Fish Fillet	Whole-wheat hamburger bun	Tartar sauce	Breaded baked tilapia, halibut or cod	Swiss	Shredded lettuce, shredded carrots

Grilled Sandwiches	Bread	Spread	Protein	Cheese	Vegetables or Fruit
Egg and Cheese	English muffin	Margarine	Fried egg and turkey or lean ham	Cheddar	Sliced green peppers, onions, spinach leaves
Dessert Sandwich	Flatbread	Nutella or honey	Peanut butter	Crumbled feta cheese	Strawberries, blueberries, raspberries or banana slices
Italian Panini	Ciabatta roll		Salami or seasoned firm tofu	Mozzarella	Red and yellow peppers
Caprese	Sour dough bread	Basil pesto		Mozzarella	Tomato slices, spinach leaves
BALT	Plain bagel	Mayonnaise or vegetable cream cheese	Bacon		Lettuce, avocado, tomato

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