

### Try these ideas:

- ⇒ Peanut butter and banana.
- ⇒ Grill red and green apple slices with a cheese slice on cinnamon-raisin bread.
- ⇒ Pineapple and kiwi with cottage cheese, cheddar cheese and shredded romaine lettuce in a pita pocket.
- ⇒ Add grapes and mandarin oranges to a chicken salad sandwich.
- ⇒ Add a chopped apple to a tuna salad sandwich.

### Fruit and Cottage Cheese Pockets

Serving size: 1/2 pita – makes 2 servings  
(Per serving: 10 calories, 1 gram of fat, 31 grams carbohydrates)  
1 large whole-wheat pita bread, cut in half

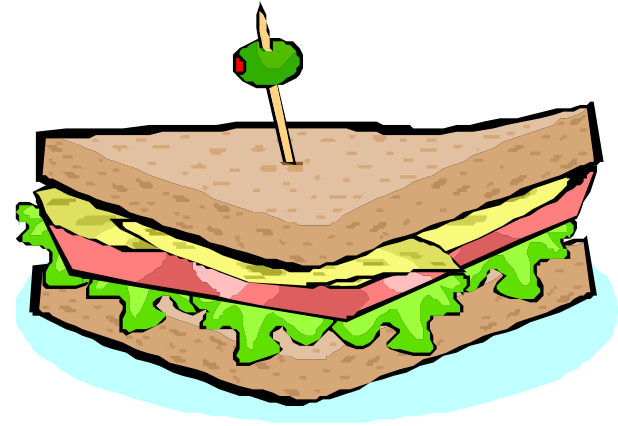
- 1/2 cup romaine lettuce, shredded
- 1/2 cup non-fat or low-fat cottage cheese
- \*1/2 cup grated non-fat cheddar cheese
- 1 kiwi fruit, peeled and sliced
- 1/4 cup pineapple, fresh or canned tidbits, drained
- 1 Tablespoon chives (optional)

Combine the fruit and the cheeses. Stir in chives and lettuce.  
Spoon into pitas. Serve.

\*Regular cheddar cheese can also be used.



# Anatomy of a Sandwich



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Nutrition Education Program

Extension Dunn County  
3001 US Hwy 12 E, Suite 216  
Menomonie WI 54751  
(715) 232-1636

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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>  
& <https://spendsmart.extension.iastate.edu/recipes/>

## The Bread

Whole wheat vs. white bread: When purchasing a loaf of bread, look for the words “whole wheat” on the ingredient list. “Wheat bread often means “white” bread. Even if caramel coloring is added to make it look brown, it still doesn’t have the same nutrition as “whole wheat” bread. Whole wheat bread includes the germ of the wheat kernel.

Butter the surface of the bread to keep the sandwich from getting soggy. Cream cheese, processed cheese spreads and peanut butter are other spreads that “seal” the bread.

## The Spread

- ◇ Miracle Whip is a mayonnaise-type dressing without the egg. It is safer than mayonnaise when left at room temperature. Look for low and non-fat varieties of both dressings to reduce calories.
- ◇ Yellow mustard is very low fat, but it does contain more sodium than the higher fat spreads.
- ◇ Using a small amount of spread will help reduce the fat content of your sandwich.

Sodium/Fat Content in Spreads:

1 Tablespoon	Sodium	Total Fat	Calories
Butter-Regular	116 (unless unsalted)	11	100
Butter – low-fat	90	6	50
Margarine – regular solid	134	11	100
Margarine – solid low	80	5	50
Miracle Whip – regular	107	5	60
Miracle Whip – lite	130	3	35
Cream Cheese	65	5	50
Cream Cheese -- lite	70	3.5	35
Yellow Mustard	189	Trace	15

## **Crunchy Vegetable Burrito Banditos**

Makes 4 servings  
(Per serving: 212 calories, 6 grams of fat)

- 1/2 cup shredded carrots
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 2 green onions, thinly sliced
- \* 4 ounces shredded low-fat cheddar cheese
- 1/4 cup nonfat ranch salad dressing
- 1/2 teaspoon chili powder
- 4 (7-inch) flour tortillas
- 1 cup torn lettuce, bite size
- \*Regular cheddar cheese can also be used.



In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing and chili powder. Lay tortillas flat on the counter and spoon about 1/2 cup vegetable mixture and 1/4 cup of lettuce down the center. Wrap each tortilla around the vegetable mixture.

When creating a wrap start with a layer of well-dried leaf lettuce, spinach, or other leafy base to keep the tortilla from becoming soggy after it’s rolled.

To shape the wrap, place the filling so there’s a 1-inch margin around the edge of the tortilla. Then fold in one or both ends and roll from one edge of the tortilla. This method gives you a burrito-style wrap.

## **Tortilla with Cheese**

Makes 1 serving  
(Per serving: 128 calories and 6 grams of fat.)

- 1 corn or flour tortilla
- 2 Tablespoons shredded cheese
- Salsa (if you choose)

Place a tortilla on a paper napkin or paper towel. Sprinkle with shredded cheese. Add salsa (if you choose). Microwave on high for 30 seconds. Roll or fold the tortilla. Eat while warm.

## Pizza Burgers

Makes 12 servings

(Per serving: 236 calories, 10 grams fat, 17 grams carbohydrates)

- 1 pound ground beef, browned
- \*1/2 pound mozzarella, cubed or shredded
- 2/3 teaspoon sage
- 2 teaspoons oregano
- 3 teaspoons parsley flakes
- 12 ounces tomato sauce
- 1/2 cup chopped onion
- 1 (4 ounce) can mushrooms, drained (optional)
- 1/2 pound ham or lite Spam, cubed
- 12 English muffin halves



Drain grease off ground beef. Mix together and put on 12 English muffin halves. Bake at 350° F. for 12 minutes or broil for 6-8 minutes or until heated through and cheese melts.

\*Use cubed mozzarella if you freeze leftovers.

## Hot Beef Sandwiches

Makes 8 servings.

(Per serving: 375 calories, 17 grams fat, 29 grams carbohydrates)

- 4 cups left-over beef or pork roast, shredded
- 1/4 cup onion, chopped
- 1/4 cup celery, chopped
- 2 Tablespoons brown sugar
- 1 Tablespoon vinegar
- 1 Tablespoon mustard
- 1 cup catsup
- 6 hamburger buns



Cook onion and celery until tender. Mix ingredients and simmer 30 minutes or until heated through.

## The Filling

The inside of your sandwich can be filled with nutritious ingredients including vegetables, meats, cheeses, eggs, and sometimes even fruit.

**Vegetables:** Try including veggies in sandwiches to boost the nutritional value and meet recommended vegetable servings of three per day. Use dark green lettuce, spinach leaves, or parsley in place of iceberg lettuce for higher Vitamin A content.

A slice of tomato is good on many sandwiches and will boost Vitamin C as well as make your sandwich more colorful. Keeping a jar of roasted red peppers on-hand adds color, taste, and Vitamin A to any sandwich. Pita pocket breads hold chopped or shredded vegetables such as carrots, cabbage, sprouts, and broccoli.

**Meat Leftovers:** The most economical way to use meat on sandwiches is to use leftovers. Beef and pork roasts, meatloaf, ham, chicken, and turkey can all be cooled and sliced after baking or roasting.

For a hot sandwich: Slice pork roast, add BBQ sauce, and heat. Another hot choice would be shredded beef roast, a little water and onion soup mix.

If there is a large quantity, cooked meats can be sliced and put in a freezer (use freezer baggies or wrap in aluminum foil.)

**Use leftover meats within a couple days. For packaged deli meats use the “sell by” date as a guide and consume within 1 week. For deli meats that are ordered from a deli counter, consume within 3-5 days or freeze for later consumption.**

**Fruit:** Many fruits have fiber, Vitamin C and antioxidants, and add color to sandwiches. They also help families reach their recommended servings of two fruits each day.

## Variations of Peanut Butter Sandwiches:

### Banana Peanut Butter Sandwich

Makes 2 servings  
(Per serving: 278 calories, 9 g fat, 39 g carbohydrates)

2 Tablespoons peanut butter  
4 slices raisin bread  
1 firm, small banana, peeled and sliced

Cut sandwiches into quarters.



### Peanut Butter Raisin Spread

Mix peanut butter and chopped raisins. Use as a spread on bread.



### Funny Face Sandwiches

Slices of raisin or whole wheat bread  
Peanut butter  
Grated carrots  
Raisins, bananas, and other fruits  
Spread bread with peanut butter and then make a face, using the "fixings!"

### Peanut Butter Roll-Ups

Sliced whole-wheat bread, crusts removed  
Chunky or smooth peanut butter  
Shredded carrots

Flatten the bread with rolling pin or by hand. Mix carrots and peanut butter together. Spread on flattened bread. Roll up the bread. Serve whole or sliced into pinwheels.

## Chicken Salad Pocket Sandwiches

Serving size: 5  
(Per serving: 251 calories, 3.95 grams fat, 30 grams carbohydrates)

1 1/2 cups cooked chicken, skinned, boned, cubed  
1 container (8 ounces) plain low-fat yogurt  
1/2 cup chopped grapes  
1 Tablespoon lemon juice  
1/8 teaspoon each - pepper and dill weed  
5 pockets of whole wheat pita bread, or 10 slices whole wheat bread  
Lettuce

Combine all ingredients except bread and lettuce. Line bread with lettuce leaves; spoon mixture into pocket. Chill until ready to serve. Makes 5 sandwiches, 3 to 3 1/2 cups filling.

### Tuna Melts

(Per serving: 432 calories, 14 grams fat, 32 grams carbohydrates)

2 (6 ounce) cans water-packed tuna, drained  
1/4 cup onion, chopped  
1/4 cup celery, chopped  
1/4 cup mayonnaise-type lite salad dressing  
4 English muffins, split  
\*8 Mozzarella cheese slices



Combine tuna, onion, celery, and salad dressing. Spread mixture on English muffin halves and top with cheese slices. For a variation, add a tomato slice on top. Microwave 3-4 minutes, or bake at 350° F. for 8-10 minutes.

\*American cheese can also be used, but is higher in fat.