

## Healthy Sandwiches

Sandwiches are a simple and easy meal to have at anytime

Here are some suggestions for tasty fillings for your sandwiches

- Tuna & sweetcorn
- Sardines and cress
- Mackerel and cucumber
- Egg and salad
- Egg and cress
- Ham and salad
- Ham and coleslaw
- Chicken and salad
- Chicken and salsa
- Cheese and pickle
- Cheese and tomato
- Cottage cheese and peppers
- Mixed bean and salad
- Hummus and salad
- Hummus and roasted vegetables

Try different types of bread and rolls: wholemeal, seeded, granary, rye, pitta, tortilla wrap, bread muffins and bagels

Sandwich recipes for you to try – Just mix the ingredients together

### Coronation Chicken

- Chopped cooked chicken breast
- Low fat mayonnaise or natural yogurt
- Pinch of mild curry powder
- Handful of raisins

### Hawaiian Heaven

- Cream cheese
- Mashed banana
- Chopped pecan nuts( do not use if allergic to nuts)
- Crushed pineapple

### Tuna Crunch

- Tuna
- Low fat mayonnaise or natural yogurt
- Chopped peppers
- Chopped spring/red onion

### Cheese and Carrot

- Grated cheese
- Grated carrot

