

Cajun Chicken Sandwich

Gather Ingredients:

4, 4-ounce boneless, skinless chicken breast
2 tablespoons Cajun seasoning blend
Butter spray
4 whole wheat hamburger buns
1 medium tomato, sliced
4 green leaf lettuce leaves



Serving Suggestions:

Roasted corn
Broiled oregano tomatoes

Sandwiches

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 269
Total Fat: 5g
Saturated Fat: 2g
Cholesterol: 72mg
Sodium: 536mg
Total Carbohydrate: 26g
Dietary Fiber: 5g
Sugars: 1g
Protein: 33g

%DV Vit A: 30%
%DV Vit C: 15%
%DV Calcium: 6%
%DV Iron: 12%

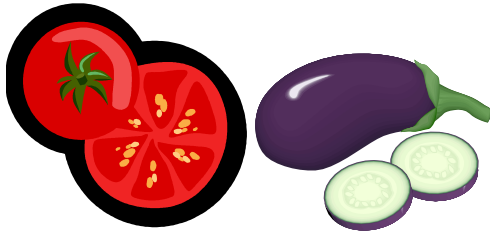
Steps:

1. Preheat cast iron skillet over high heat on top of stove.
2. Dredge chicken in Cajun seasoning.
3. Spray bottom of pan with butter spray.
4. Place seasoned chicken in skillet. Cook until seasoning is black, then turn and cook until done.
5. Serve on toasted bun with tomato slices and lettuce.

Eggplant and Tomato Sandwich

Gather Ingredients:

- 1 egg, beaten, and mixed with 1 Tablespoon of water
- 1 eggplant, sliced into ¼ inch rounds
- ¼ cup grated reduced-fat Parmesan cheese
- ¼ cup light mayonnaise
- 2 cloves garlic, minced
- 2 teaspoons thyme leaves
- 2 medium tomatoes, sliced
- 8 slices French bread



Serving Suggestions:
Pasta Salad

Sandwiches

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 300
Total Fat: 14g
Saturated Fat: 3.5g
Cholesterol: 67mg
Sodium: 651mg
Total Carbohydrate: 34g
Dietary Fiber: 4g
Sugars: 3g
Protein: 9g

%DV Vit A: 13%
%DV Vit C: 16%
%DV Calcium: 12%
%DV Iron: 11%

Steps:

1. Preheat broiler.
2. Brush the eggplant slices with the egg and dip both sides in Parmesan cheese.
3. Place slices on a sheet pan and place under broiler. Brown both sides about 5 minutes. Set aside to cool.
4. Mix garlic and thyme into mayonnaise. Spread mayonnaise on bread.
5. Layer the eggplant, and tomato slices on bread.

Fish Fillet Sandwich

Gather Ingredients:

4, 4-ounce tuna steak fillets
3 teaspoons ginger, minced
1 lime
1 tablespoon lime juice
1/3 cup light mayonnaise
3 tablespoons horseradish
Cayenne pepper to taste
Watercress sprigs
8 slices multi-grain bread



Serving Suggestions:

Rosemary Red Potatoes
Salad

Sandwiches

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 362
Total Fat: 14g
Saturated Fat: 3g
Cholesterol: 48mg
Sodium: 494mg
Total Carbohydrate: 28g
Dietary Fiber: 3.5g
Sugars: 6g
Protein: 31g

%DV Vit A: 51%
%DV Vit C: 13%
%DV Calcium: 7%
%DV Iron: 17%

Steps:

1. Rub steaks with lime juice and ginger. Heat grill or broiler oven.
2. Grill fish for 3 minutes per side for medium rare steak.
3. Grill bread to toast.
4. In a small bowl, mix together the mayonnaise, lime juice, horseradish and cayenne. Spread mayonnaise mixture on grilled bread and top with tuna steak, watercress and second slice of bread.

French Dip Sandwiches

Gather Ingredients:

2 tablespoons light margarine
1 shallot, chopped
1 tablespoon all-purpose flour
2 tablespoons dry sherry, optional
2 cans beef broth—use lower sodium to reduce the sodium content of this recipe
1 pound deli sliced roast beef
Grill seasoning blend for steak or coarse salt and pepper
4 torpedo sandwich rolls, split (look for ones that no more than 200 calories per roll)



Sandwiches

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 411
Total Fat: 12g
Saturated Fat: 4g
Cholesterol: 40mg
Sodium: 1480mg
Total Carbohydrate: 45g
Dietary Fiber: 2g
Sugars: 6g
Protein: 30g

%DV Vit A: 2%
%DV Vit C: 1%
%DV Calcium: 7%
%DV Iron: 15%

Steps:

1. In a large, shallow skillet over moderate heat, melt margarine. Add shallots to skillet and sauté 2 minutes.
2. Add flour to margarine and shallot and cook a minute longer.
3. Whisk in sherry and cook liquid out. Whisk in beef broth in a slow stream. Bring sauce to a bubble and allow to simmer over low heat until ready to serve sandwiches.
4. Pile meat loosely across your cutting board or large work surface. Season meat with grill seasoning or salt and black pepper. Set out 4 ramekins or small soup cups for dipping sauce.
5. To assemble, using a pair of kitchen tongs, dip meat into loose au jus sauce and pile into rolls. Set ramekins or cups with extra dipping sauce along side the sandwiches.

Serving Suggestions:

Harvest roasted vegetables (onions, peppers, tomatoes)

Grilled Portabello Sandwich

Sandwiches

Gather Ingredients:

4, 3-ounce Portobello mushrooms
1 medium red bell pepper, halved
½ red onion, sliced thin
4 whole wheat hamburger buns
4 slices reduced-fat mozzarella cheese
8 tablespoons low-calorie Thousand Island salad dressing



Serving Suggestions:

Sweet potato fries

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 279
Total Fat: 9g
Saturated Fat: 3g
Cholesterol: 10mg
Sodium: 675mg
Total Carbohydrate: 38g
Dietary Fiber: 8.5g
Sugars: 9g
Protein: 17g

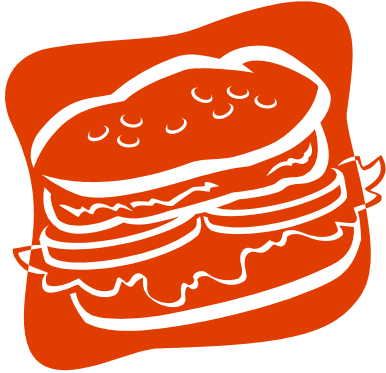
%DV Vit A: 31%
%DV Vit C: 120%
%DV Calcium: 29%
%DV Iron: 10%

Steps:

1. Clean and stem mushrooms. Dry.
2. Brush mushroom, bell pepper, onion and cut sides of bun with some dressing; set bun aside. Place vegetables over medium-hot grill. Grill 2 minutes.
3. Turn vegetables over; brush with dressing. Grill 2 minutes or until vegetables are tender. Remove bell pepper and onion from grill.
4. Place bun halves, cut sides down, on grill. Turn mushroom top side up; brush with any remaining dressing and cover with cheese. Grill 1 minute or until cheese is melted and bun is lightly toasted.
5. Cut pepper into strips. Place mushroom on bottom half of bun; top with pepper strips and onion slices. Cover with top half of bun.

Note: To broil, brush mushrooms, bell pepper, onion, and cut sides of bun with dressing. Place vegetables on greased rack of broiler pan; set bun aside. Broil vegetables 4 to 6 inches from heat for 3 minutes; turn over. Brush with dressing. Broil 3 minutes or until vegetables are tender. Place mushroom, top side up, on broiler pan; top with cheese. Place bun, cut sides up on broiler pan. Broil 1 minute or until cheese is melted and bun is toasted. Assemble sandwich as directed above.

Tomato Swiss Sandwich



Serving Suggestions:

Cheesy Oven Fries or Lowfat Potato Crisps
Green salad

Sandwiches

Nutrition Facts

Servings per Recipe: 1
Serving Size: 1 sandwich

Calories per Serving: 282
Total Fat: 10g
Saturated Fat: 5g
Cholesterol: 5mg
Sodium: 477mg
Total Carbohydrate: 35g
Dietary Fiber: 4.5g
Sugars: 0g
Protein: 13.5g

%DV Vit A: 15%
%DV Vit C: 13%
%DV Calcium: 27%
%DV Iron: 11%

Gather Ingredients:

2 slices rye bread
1 slice Swiss cheese
½ tomato, sliced
Non-stick cooking spray

Steps:

1. Spray bread slices with cooking spray and place in skillet on medium heat.
2. Turn to opposite side when toasted (about 3 minutes.)
3. Place cheese on one side and tomato sliced on other side while heating.
4. Turn cheese slice over on top of tomato slice; remove to plate and slice into two halves.

T-BLT's (Turkey Bacon, Lettuce & Tomato)

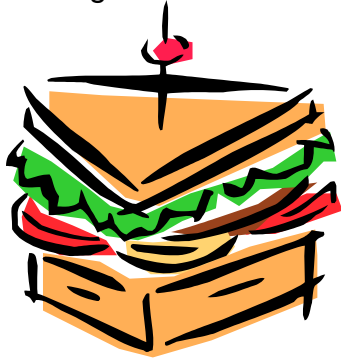
Sandwiches

Tip:

This sandwich saves loads of saturated fat by using turkey bacon instead of bacon and fat free cheese instead of full fat cheese.

Serving Suggestions:

Serve with a cup of tomato soup, carrots sticks and whole grain crackers.



Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 sandwich

Calories per Serving: 235
Total Fat: 9.5g
Saturated Fat: 1.5g
Cholesterol: 30mg
Sodium: 1172mg
Total Carbohydrate: 26g
Dietary Fiber: 1.5g
Sugars: 10g
Protein: 20g

%DV Vit A: 25%
%DV Vit C: 16%
%DV Calcium: 24%
%DV Iron: 8%

Gather Ingredients:

12 slices Oscar Meyer Turkey Bacon
1 cup spinach leaves
2 medium tomatoes, sliced
8 slices 100% whole wheat reduced-calorie bread (50 calories per slice)
4 slices fat-free cheese
4 teaspoons fat free mayonnaise

Steps:

1. Place turkey bacon on plate lined with paper towel. Cover with paper towel.
2. Cook in microwave according to package instructions.
3. Wash spinach leaves and tomato and dry.
4. Slice tomatoes into even slices about ¼ inch thick.
5. Toast bread in toaster, if desired.
6. Spread each bread slice with ½ teaspoon of fat free mayonnaise.
7. Add 3 slices turkey bacon. Top with cheese, tomato slices and spinach leaves.

Veggie Burgers

Gather Ingredients:

4 veggie burger patties
4 whole wheat hamburger buns
4 slices fat-free cheese
4 teaspoons light mayonnaise
1 basil leaf
1 cup onions
1 tablespoon olive oil
Avocado



Serving Suggestion:

Green salad

Sandwiches

Nutrition Facts

Servings per Recipe: 4
Serving Size: 1 burger

Calories per Serving: 397
Total Fat: 19g
Saturated Fat: 3.5g
Cholesterol: 2mg
Sodium: 853mg
Total Carbohydrate: 35g
Dietary Fiber: 9g
Sugars: 3g
Protein: 27g

%DV Vit A: 7%
%DV Vit C: 6%
%DV Calcium: 24%
%DV Iron: 14%

Tip:

The olive oil and avocado add extra healthy fat calories. To reduce the calories in this recipe, sauté onions with non-stick cooking spray instead of olive oil. Trim extra calories by reducing the amount of avocado or eliminating.

Steps:

1. Slice onions into rings. Heat olive oil in skillet and add onions to sauté, stirring occasionally. Cook until caramelized.
2. Wash basil and chop finely. Add to mayonnaise and mix together.
3. Meanwhile, cook veggie burgers in microwave or skillet according to package instructions. Melt cheese slice over burgers.
4. Peel avocado and remove pit. Cut each half into ¼-inch thick slices.
5. Serve veggie burgers on warm buns with basil mayonnaise. Top burger with onions and avocado slices.