

Smoked salmon and cream cheese open sandwich

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels
- 2 teaspoons reduced fat cream cheese
- 25g smoked salmon
- 2 large slices of tomato
- ½ cup rocket
- Sprigs of dill



Method

1. Spread cream cheese over bread or wrap.
2. Top with rocket, tomato, smoked salmon and sprinkling of dill.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 189g		
	Per serve	Per 100g
Kilojoules (kJ)	830	439
Protein (g)	13.8	7.3
Total fat (g)	4.8	2.5
- Saturated fat (g)	1.5	0.8
Carbohydrates (g)	22.6	12.0
- Sugars (g)	0.4	0.2
Fibre (g)	4.4	2.3
Sodium (mg)	681	360

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.