

Turkey and Cranberry Sandwich

Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 1 teaspoon cranberry sauce
- 1 slice (25g) lean turkey
- 2 large slices of tomato
- 1 slice (20g) reduced fat cheese
- ½ cup mixed lettuce



Method

1. Spread cranberry sauce on bread or wrap.
2. Add turkey, tomato, cheese and lettuce.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 204g		
	Per serve	Per 100g
Kilojoules (kJ)	1077	528
Protein (g)	20.1	9.8
Total fat (g)	6.0	2.9
- Saturated fat (g)	2.6	1.3
Carbohydrates (g)	27.8	13.6
- Sugars (g)	5.7	2.8
Fibre (g)	5.1	2.5
Sodium (mg)	457	224

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