

# Vegie Supreme Sandwich

Makes 1 sandwich (4 quarters) or 1 wrap

## Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- ¼ cup grated carrot
- ¼ avocado
- 4 slices of cucumber
- 2 large slices of tomato
- ¼ cup reduced fat grated cheese or 1 slice (20g)
- ½ cup rocket



## Method

1. Grate carrot.
2. Scoop out avocado and spread over bread or wrap.
3. Add cucumber, tomato, carrot, cheese and rocket.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 292g		
	Per serve	Per 100g
Kilojoules (kJ)	1406	482
Protein (g)	17.1	5.9
Total fat (g)	15.1	5.2
- Saturated fat (g)	5.2	1.8
Carbohydrates (g)	28.6	9.8
- Sugars (g)	6.5	2.2
Fibre (g)	8.0	2.7
Sodium (mg)	485	166

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