

MOVHD WIC 211 6TH St., Parkersburg, WV 26101
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How to Make a Healthy Sandwich

Sandwiches are one of the most popular midday choices of on-the-go Americans. They are quick, delicious, and, if properly portioned, an option for losing weight. But if you aren't careful, a few ingredients can add hundreds of extra calories and make up more than half your daily limit of saturated fat. So, before you brown-bag it, make sure you know what hidden calories are lurking between those bread slices. If you make smart choices regarding the four basic elements of a sandwich, you will be building healthier sandwiches in no time.

How to Build a Better Sandwich:

1. **Whole grains:** Start with a whole grain bread product, such as bread, a pita, an English muffin, or Tortilla. **Tip:** Look for the words "whole grain" near the top of the ingredient list, not just "whole wheat".
2. **Lean Protein:** Good sandwich choices include chicken, turkey, ham, lean roast beef, tuna, hummus, and low-fat cheese. **Tip:** Check the sodium in prepackaged and even deli-fresh meats; most products run high.
3. **Vegetables:** Veggies add both nutrients and flavor. Tomatoes, fresh greens (the darker, the better), red onion, peppers, bean sprouts, cucumbers, apples, mushrooms, avocados, herbs are all good choices.
4. **Optional toppings:** Condiments don't need to be high in fat to be high in flavor. There are low-fat, healthful choices that will give your sandwich the something extra it needs, such as:
 - **Mustard** ***Honey Mustard** ***Greek Yogurt**
 - **Barbecue Sauce** ***Chipotle Sauce**
 - **Light Dressing** ***Salsa**

Consider heating or toasting: This is optional, heating or toasting a sandwich adds no calories, and can enhance the taste. Do not toast/heat lettuce, add after heating.

Healthy, Satisfying Sandwich Solutions:

Turkey and Avocado Wrap

www.bhg.com/recipes/healthy/cooking

- *Whole Grain:** 1 Whole Grain Tortilla
- *Lean Protein:** Four slices low sodium, skinless Turkey breast
- *Vegetables:** Romaine Lettuce
- Optional toppings:** 2 tablespoons Guacamole or ¼ sliced avocado

Roasted Red Pepper and Hummus Sandwich

www.bhg.com/recipes/healthy/cooking

- *Whole Grain:** Two toasted slices of 100% Whole Grain bread
- *Lean Protein:** ¼ cup Original Hummus
- *Vegetables:** Sliced cucumber, fresh spinach, roasted red peppers
- *Tip:** If you prefer, use sliced tomatoes instead of red peppers

Ranch Chicken Pita Pocket

www.bhg.com/recipes/healthy/cooking

- Whole grain:** Use ½ of a 100% Whole Wheat Pita Pocket
- Lean protein:** 2-3 ounces of canned breast of chicken in water, no salt added
- Vegetables:** Coleslaw mix or broccoli slaw; fresh spinach
- Optional toppings:** 2 tablespoons Light Ranch Dressing
- Tip:** Save the remaining half of your pita bread and top it with low-cal Hummus for an afternoon snack.

Egg Salad BLTs

Makes 4 sandwiches www.myrecipes.com/recipe/egg-salad-blts

¼ cup fat-free mayonnaise	8 hard-cooked large eggs
3 tablespoons thinly sliced green onions	3 tablespoons reduced-fat sour cream
8 (1 ½-ounce) slices peasant bread or firm whole wheat sandwich bread, toasted	
4 bacon slices, cooked and cut in half crosswise	
2 teaspoons whole-grain Dijon mustard	8 (1/4-inch-thick) slices tomato
½ teaspoon freshly ground black pepper	¼ teaspoon grated lemon rind
4 large Boston lettuce leaves	

Combine mayo, green onions, sour cream, Dijon mustard, black pepper and lemon rind in a medium bowl, stirring well.

Cut 2 eggs in half lengthwise; reserve 2 yolks for another use. Coarsely chop remaining egg whites and whole eggs. Add eggs to mayo mixture; stir gently to combine.

Arrange 4 bread slices on a cutting board or work surface. Top each bread slice with ½ cup egg mixture, 2 bacon pieces, 2 tomato slices, 1 lettuce leaf, and 1 bread slice.

Serve sandwich immediately.

Crunchy Peanut Butter and Jelly Wraps

www.iheartnaptime.net

yield: 1 wrap

1 large flour tortilla or wrap	1 banana
2-3 tablespoons peanut butter	2 tablespoons granola
2-3 tablespoons strawberry preserves or grape jelly	

Spread the peanut butter and strawberry preserves or grape jelly on the wrap, leaving a one inch margin around the outside of the wrap. Sprinkle the granola over the peanut butter and preserves. Place the banana in the middle of the wrap and roll the wrap up tightly around the banana. Slice and serve.

Tangy Veggie Wrap –for the ultimate picnic

www.hurrythefoodup.com

Serves: 2 wraps

***3 tablespoons sunflower seeds**

***Small red onion/half a large red onion**

***Small handful of spinach leaves**

***1/2 cup cottage cheese**

***Zest of half a lemon**

***2tortilla wraps**

***Add 2 big spoons of bean sprouts**

(for vegans: hummus, mashed avocado, mashed chick peas, or vegan mayo would be a great substitute to the cottage cheese and yogurt/sour cream)

***2 small carrots**

***Quarter bell pepper**

***approximately 1/16 tsp ginger**

***1/4 cup Greek yogurt/sour cream**

***2 tablespoons Dijon mustard**

***Salt and pepper to taste**

- 1. Roast the sunflower seeds in a pan without any oil/fat until golden brown.**
- 2. Peel and grate the carrots. Wash and dice the bell pepper (get rid of the seeds)**
- 3. Peel the onion and cut into thin rings.**
- 4. Wash and drain the spinach.**
- 5. Wash the bean sprouts with cold water and let them dry.**
- 6. For the dressing: Peel the ginger and grate it into a bowl. Add the cottage cheese. Greek yogurt (or your vegan substitute), lemon zest and Dijon mustard and mix well.**
- 7. Spread the dressing mixture onto the wraps, stopping about a ½" from the edge. layout the spinach leaves on top.**
- 8. Put the carrots, paprika, onions and bean sprouts in a wide line down the middle and sprinkle the roasted sunflower seeds on top.**
- 9. Season with a dash of salt and pepper and fold the wraps a little on both sides, then at the bottom and roll it as tightly as possible (without squishing the insides out!).**
- 10. Cut the wraps into halves and serve. Enjoy!**