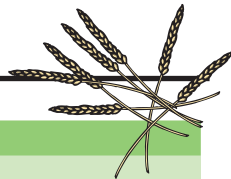
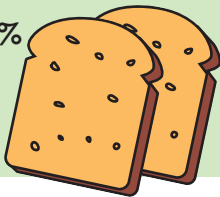


Shaped Sandwiches



Ingredients:

- 2 slices of 100% whole grain bread



- Your favorite sandwich filling (see over)
- Cookie cutters

Directions:

- 1** Trim crusts from the bread.
- 2** Prepare sandwich filling and place between bread slices. (See two filling recipes on the other side of this card.)
- 3** Use cookie cutters to cut out fun shapes from the prepared sandwich.



Shaped Sandwiches *continued*



Each of the recipes below makes fillings for three sandwiches. For each, mix the ingredients together, then spread on sandwiches.

Speckled Chicken Salad:

- 4–5 oz finely chopped cooked chicken breast*
- 1 Tablespoon of finely chopped cooked red bell pepper*
- 2 Tablespoons lowfat creamy Italian dressing
- 1 teaspoon chopped parsley

Veggie Special:

- ½ cup shredded reduced-fat (2%) cheddar cheese
- 1 medium carrot, peeled and finely grated
- ¼ green pepper, finely grated
- 1 Tablespoon low-fat mayonnaise

*Tip:

Cut chicken breast and bell pepper into pieces no larger than ½-inch to prevent choking in young children.