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.