

## Famous Sandwich:



This tasty sandwich out of low-salt whole wheat bread is brimful of fresh vegetables. Using lean turkey instead of the classical salt-laden salami and ham helps reduce the fat and salt content. Yields 8 portions

### INGREDIENTS:

- 2/3 cup of regular or low-fat mayonnaise
- 4 tablespoons of fresh coriander, chopped
- 3 or 4 tablespoons of jalapeño pepper, minced
- 1 "hoagie" or "baguette" (long) whole wheat bread
- ¾ pound smoked low-salt lean turkey, in thin slices
- 8 thin slices of purple onion
- 2 ripe avocados, peeled and sliced
- 2 cups of radish or alfalfa sprouts
- 4 pickles, thinly sliced
- Spicy mustard to taste

**INSTRUCTIONS:**

1. In a small bowl, mix the mayonnaise, coriander and chopped jalapeño well
2. Cut the bread lengthwise without going so far as to separate the two halves. Open the bread and spread  $\frac{1}{4}$  of the dressing on the lower half. Place the turkey, onion, the rest of the dressing, the avocado and pickle slices, and the sprouts
3. Close the sandwich and press to compact it a bit, and cut in slices  $\frac{3}{4}$  inch thick.

**NUTRITION INFORMATION:**

Calories 239

Fat (g) 14.62

Carbohydrates (g) 22.93

Protein (g)

Cholesterol (mg) 13.18

Sodium (mg) 370