

# SANDWICHES

## Strawberry Banana Dog



### Ingredients:

- \* 1 banana, medium
- \* 2 tbsp peanut butter, natural, no added salt
- \* 2 whole wheat tortilla, small
- \* Dash of cinnamon
- \* 4 strawberries, medium, sliced
- \* 2 tsp dark chocolate chips

### Directions:

*Makes 2 servings.*

Peel banana and slice in half lengthwise. Next cut in half so you have 4 equal slices. Spread a tablespoon of peanut butter onto a whole wheat tortilla, add 2 slices of banana and the equivalent of 2 sliced strawberries. Finish with a dash of cinnamon and teaspoon of dark chocolate chips. Roll and enjoy!

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.
		% Daily Values*		% Daily Values*	
Serving Size 1 Calories 272	<b>Total Fat</b> 13g	<b>20%</b>	<b>Total Carbohydrate</b> 40g	<b>13%</b>	Calories 2,000 2,500
	Saturated Fat 2g	<b>10%</b>	Dietary Fiber 17g	<b>68%</b>	Total Fat Less than 65g 80g
	Trans Fat 0g		Sugars 16g		Sat Fat Less than 20g 25g
	<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 12g	<b>24%</b>	Cholesterol Less than 300mg 300mg
	<b>Sodium</b> 301mg	<b>13%</b>			Sodium Less than 2400mg 2400mg
					Total Carbs 300g 375g
					Dietary Fiber 25g 30g
	Vitamin C 32%	•	Calcium 11%	•	Vitamin B6 11%

*This recipe is a twist on the traditional PB&J! By adding a banana and real strawberries, you increase the amount of potassium and vitamin C than in a regular PB&J. Your brain will thank you for it!*

Recipe adapted from: <http://www.unconventionalkitchen.com/easy-banana-roll-ups-5-minute-lunch-that-is-not-peanut-butter-and-jelly/>

# SANDWICHES

## Sunny Up Eggs Toast with Avocado



### Ingredients:

- \* 4 eggs
- \* 1 avocado, sliced thin, 8 pieces
- \* 1 tomato, sliced thin, 8 pieces
- \* 4 slices rye bread, sliced thin
- \* 4 cups milk, 2%
- \* Canola oil spray
- \* Pepper to taste

### Directions:

*Makes 4 servings.*

Spray large pan with oil. Heat pan to medium-high. Crack 4 eggs onto pan, season with pepper and let cook to desired texture. You can serve them sunny side up or flip over to make over easy or over medium. Place rye bread in toaster. Place egg on toast and top with 2 tomato slices and 2 avocado slices. Serve with a glass of cold milk.

### **Nutrition Facts**

Serving Size 1  
Calories 332

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
<b>Total Fat</b> 18g	<b>28%</b>	<b>Total Carbohydrate</b> 27g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>	Dietary Fiber 5g	<b>20%</b>
Trans Fat 0g		Sugars 15g	
<b>Cholesterol</b> 202mg	<b>67%</b>	<b>Protein</b> 17g	<b>34%</b>
<b>Sodium</b> 314mg	<b>13%</b>		
Calcium 34%	• Vitamin D 32%	Riboflavin 49%	• Vitamin B12 37%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

*This recipe is a nutrient powerhouse! It's packed with healthy monounsaturated fat, calcium, vitamin D, riboflavin and protein! There's no better way to start your day.*

# SANDWICHES

## Grilled Cheese & Tomato Chickpea Soup



### Ingredients:

- \* 1 lb Roma tomatoes
- \* 2 tbsp olive oil
- \* 1 yellow onion, chopped
- \* 4 cloves garlic, minced
- \* 1 tsp cumin
- \* ½ tsp paprika
- \* ½ tsp cinnamon
- \* 3 x 15 oz can chickpeas, no salt added
- \* 4 cups chicken broth, no salt added
- \* 1 tbsp light sour cream
- \* Pepper to taste
- \* 12 slices rye bread, thin
- \* 6 tbsp cheddar cheese, reduced fat, shredded

### Directions:

*Makes 6 servings.*

Preheat oven to 450°F. Slice tomatoes in half, place in bowl and add 1 tbsp olive oil and pepper. Mix to coat evenly, then place in a single layer on a baking sheet. Roast for about 30 minutes, until tomatoes are caramelized, then let cool. Next, using a large pot, add another 1 tbsp olive oil and sauté onion and garlic until soft. Then add cumin, paprika and cinnamon, stir often for about 2 minutes. Add in chickpeas, chicken broth and roasted tomatoes. Stir and bring to a boil. Reduce heat and let simmer for about 45 minutes until chickpeas are tender then let cool. Transfer in batches to a blender and puree. Once all pureed, return to pot, stir in sour cream and pepper to taste. Make grilled cheese by adding 1 tbsp cheddar cheese between 2 slices of rye bread. Grill on pan until toasted.

### Nutrition Facts

Serving Size 1  
Calories 420

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carbohydrate</b> 64g	<b>21%</b>
Saturated Fat 2g	10%	Dietary Fiber 12g	48%
Trans Fat 0g		Sugars 5g	
<b>Cholesterol</b> 6mg	<b>2%</b>	<b>Protein</b> 19g	<b>38%</b>
<b>Sodium</b> 428mg	<b>18%</b>		
Vitamin C 27%	• Calcium 26%	• Thiamin 19%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

*Did you know? Just by adding chickpeas to regular tomato soup you increase the fiber and protein content making you feel fuller for longer!*

Recipe adapted from: <http://relish.com/recipes/chickpea-and-roasted-tomato-soup-with-fried-rosemary/>