

## **Fillings and toppings for Sandwiches**

### **Fillings for Sandwiches**

- Curried egg
- Lean ham & egg
- Beef with wasabi mayonnaise
- Turkey, cranberry & avocado
- Ham, cheese & relish
- Tuna mayonnaise & chives



### **Fillings for Wraps**

- Chicken with nut free pesto
- Ham, sundried tomato & reduced fat cream cheese
- Smoked salmon with lemon, dill, capers & reduced fat cream cheese
- Hummus & antipasto vegetables



### **Toppings for Open Sandwiches**

- Sliced egg with sweet chilli sauce
- Beef with wasabi mayonnaise
- Curried egg with parsley
- Ham, grain mustard, cherry tomatoes
- Turkey, cranberry & avocado
- Reduced fat cottage cheese with diced vegetables
- Reduced fat ricotta, peas & mint



### **See following recipe for further sandwich recipes:**

- Curried Egg Sandwich Fingers
- Roast Beef & Wasabi Mayonnaise Sandwiches
- Turkey, Cranberry & Avocado Sandwiches
- Ham, Cheese & Tomato Chutney Sandwiches
- Sour Cream & chive Tuna Sandwiches
- Chicken & Pesto Pinwheel Wraps
- Smoked Salmon & Herbed Cheese Pinwheels
- Hummus & Roast Capsicum Antipasto Pinwheels
- Mini Open Sandwiches



## Curried Egg Sandwich Fingers

Traffic Light Category - **GREEN**

Makes 18 portions

### Ingredients

- 4 hard boiled eggs
- ¼ cup reduced fat mayonnaise
- 2 tsp curry powder (or to taste)
- 2 tbsp chopped parsley
- 12 slices wholemeal or multigrain bread

### Method

1. Peel and mash eggs, mayonnaise and curry powder until light and fluffy
2. Stir parsley through and spread onto bread to make six sandwiches
3. Cut off crusts and cut into thirds to make 18 fingers.

### Tips

- *Add rocket, mustard cress, alfalfa or finely shredded lettuce for taste*
  - *No need to butter the bread.*
- 

## Roast Beef & Wasabi Mayo Sandwiches

Traffic Light Category - **GREEN**

Makes 18 portions

### Ingredients

- 6 slices of trimmed roast beef (medium thickness)
- ½ cup reduced fat mayonnaise
- 1 tsp wasabi
- Poly or monounsaturated margarine
- 12 slices multigrain bread

### Method

1. Mix wasabi and mayonnaise until smooth and pale green in colour
2. Spread one side of the bread with margarine and spread wasabi mayonnaise on the other side
3. Make 6 rounds with the beef, cut off the crusts before cutting into thirds to make 18 fingers.

### Tips

- *Add the wasabi to the mayo in small amounts, and keep tasting it to avoid over doing it*
- *Only spread margarine on one side of the bread*
- *Add very finely shredded carrot, lettuce and thinly sliced cucumber (peeled) for extra goodness, taste and colour.*

# Turkey, Cranberry & Avocado Sandwiches

Traffic Light Category - **GREEN**

Makes 18 portions

## Ingredients

- 6 slices of roast turkey
- 1 avocado
- ¼ cup cranberry sauce
- 1 tsp lemon juice
- 12 slices high fibre white bread

## Method

1. Peel and mash the avocado with the lemon juice
2. Spread half of a round of bread with cranberry sauce and the other with avocado mix
3. Fill with sliced turkey
4. Cut off crusts and cut into thirds to make 18 fingers.

## Tips

- *Don't add too much avocado or fingers will be difficult to cut*
- *Sprinkle avocado with extra sharp parmesan cheese and a very small amount of coarse black pepper for contrasting taste.*

---

# Ham, Cheese & Tomato Chutney Sandwiches

Traffic Light Category - **GREEN**

Makes 18 portions

## Ingredients

- 6 slices lean ham
- 6 slices reduced fat cheddar cheese
- ½ cup of tomato chutney
- 12 slices wholemeal bread
- Polyunsaturated or monounsaturated margarine

## Method

1. Spread one half of each round with margarine, spread chutney on the other half
2. Fill with cheese and ham
3. Cut off crusts and cut into thirds to make 18 fingers.



# Sour Cream & Chive Tuna Sandwiches

Traffic Light Category - **GREEN**

Makes 18 portions



## Ingredients

- 300g tuna in spring water, well drained and dried
- 2 tbsp reduced fat sour cream
- 1 tbsp Light Philadelphia cheese
- 2 tbsp chives
- 12 slices wholemeal bread



## Method

1. Combine sour cream and Light Philadelphia until smooth
2. Add chives and tuna, spread onto bread to make six rounds
3. Cut off crusts and cut into thirds to make 18 fingers.

## Tip

- *Add Lettuce leaves, finely diced red capsicum, corn kernels and baby peas for colour and taste.*

# Chicken & Pesto Pinwheel Wraps

Traffic Light Category - **GREEN**

Makes 16-20 pinwheels (*prepare at least one hour in advance*)

## Ingredients

- 2 slices of Mountain Bread
- 80g reduced fat cream cheese or cottage cheese
- Enough nut free pesto to cover both pieces of bread
- 250g diced cooked chicken breast
- ½ cup of pine nuts
- ½ cup basil leaves, torn
- Extra sharp parmesan cheese
- Plastic wrap



## Method

1. Cover each piece of bread with pesto
2. Cover with cream cheese then chopped chicken, pressing down firmly into pesto to make it 'stick'. Sprinkle with parmesan cheese
3. At one short end of the bread make a line of pine nuts about 3cm from the edge, using half of the pine nuts. Press pine nuts into the bread to make them 'stick'
4. Roll tightly from the end with the pine nuts taking care to preserve the 'line' so it forms a centre of nuts in the pinwheel
5. Wrap tightly in plastic wrap with several layers, allow to set in the fridge for at least one hour
6. When set, leave the plastic wrap on the roll and cut into 8-10 equal portions with a very sharp knife. Remove the plastic wrap carefully from each wheel and arrange on a platter.

## Smoked Salmon & Herbed Cheese Pinwheels

Traffic Light Category - **GREEN**

Makes 8-10 pinwheels (*Refrigerate for at least two hours before cutting*)

### Ingredients

- 150g reduced fat cream cheese
- 1½ tbsp dill leaves, finely chopped
- 1½ tbsp chives, finely chopped
- ¼ lemon, rind finely grated, juiced
- 2 tbsp capers, roughly chopped
- 250g sliced smoked salmon
- 2 pieces Mountain Bread
- Plastic Wrap



### Method

1. Combine reduced fat cream cheese, lemon juice, dill, chives and capers in a bowl until smooth
2. Spread evenly over Mountain Bread
3. Layer with smoked salmon and roll tightly, wrapping firmly in several layers of plastic wrap
4. Refrigerate for at least 2 hours
5. Cut into 8-10 pinwheels using very sharp knife, only removing plastic wrap to serve
6. Use a pair of small sharp scissors to cut plastic wrap away if necessary.

---

## Hummus & Roast Capsicum Antipasto Pinwheels

Traffic Light Category – **GREEN**

Makes 16-20 pinwheels

### Ingredients

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• 1 red capsicum</li><li>• ½ small eggplant</li><li>• ½ small zucchini cut into strips</li><li>• ½ small red onion, roughly/chunky chopped</li><li>• ½ cup chopped sundried tomato</li><li>• ½ cup marinated artichoke</li><li>• 1 tbsp olive oil</li></ul> | <ul style="list-style-type: none"><li>• 1 clove of garlic crushed</li><li>• ½ cup chopped kalamatta olives</li><li>• Ground black pepper</li><li>• ½ cup hummus</li><li>• 125g feta, cubed</li><li>• 2 Mountain Bread</li><li>• Plastic Wrap</li></ul> |
|---|--|



### Method

1. Roast whole capsicum in the oven until skin is blackened. Allow to cool. Fill a large bowl with cold water and immerse each capsicum into the water and gently rub blackened skin off. Remove the insides and all the seeds. Allow to drain, and pat dry with kitchen towel. Cut into strips
2. Layer eggplant, zucchini and onion onto baking paper on an oven tray, season lightly with black pepper. Drizzle with oil and crushed garlic. Roast on medium heat for 20 mins or until browned and caramelised. Allow to cool
3. Spread each Mountain Bread with hummus and layer with capsicum, eggplant, zucchini, onion, olives, artichoke, feta and sundried tomato. Sprinkle with black pepper. Roll and wrap in several layers of plastic wrap, refrigerate to set. Cut each roll with a very sharp knife into 8-10 pinwheels each. Only remove plastic wrap to serve.

# Mini Open Sandwiches

Traffic Light Category – **GREEN**

Makes 50

## Ingredients

- 2 long French bread sticks cut into 20-30 slices each

## Choose from a variety of toppings

- Sliced egg on reduced fat mayonnaise, drizzle lightly with sweet chilli sauce and garnish with parsley
- Wasabi mayonnaise, roast beef, shaved cucumber, topped with alfalfa
- Curried egg, garnish with parsley
- Grainy mustard, shaved lean ham and ¼ of a cherry tomato on top
- Avocado, turkey and cranberry
- Reduced fat cottage cheese, cherry tomato, watercress, and sprinkle with toasted sunflower and sesame seeds.

## Tips

- *Arrange toppings attractively and garnish where possible*
- *Cut French stick on angle for larger slices or straighter for bite sized portions*
- *You can use bread free alternatives such as cucumber rounds to build open sandwiches*
- *Bread stick rounds can be toasted in the oven on low temp until crunchy to make grissini. Can be brushed with olive oil and garlic for garlic toasted grissini and served with hot or cold toppings.*

