

Sandwich sushi

Traffic light category: **Green**

Serves: 6 rolls

Sometimes a normal sandwich just isn't going to cut it so mix it up a little by flattening out sandwich bread to look like a piece of sushi seaweed. Any filling can be used or try some of the different ideas listed below. You can secure with a toothpick or if you pack them standing up in small container they will stay together perfectly.

Ingredients

- » 2 slices wholemeal bread, crusts removed
- » **Vegetable filling**
 - » ½ small avocado, thinly sliced
 - » 1 iceberg lettuce leaf, finely sliced
 - » ½ red capsicum, finely sliced
- » **Tuna and celery filling**
 - » 180g can tuna in springwater, drained, flaked
 - » ½ celery stalk, finely chopped
 - » 1 tablespoon reduced fat mayonnaise
- » **Chicken and corn filling**
 - » ½ cup finely chopped cooked chicken
 - » 125g can creamed corn
 - » 1 tablespoon finely chopped chives



Method

1. Place bread onto a flat surface. Use a rolling pin to flatten bread slightly. Spread with your choice of filling
2. Roll up to enclose filling. Cut each piece of rolled bread into 3 rounds so it resembles sushi
3. Wrap all sandwiches in plastic wrap. Store in the fridge until ready to pack into lunch boxes.

Image source: healthytastycheap.wordpress.com