

Chicken, cheese and spinach Turkish melt

Recipe from Jess Tercier at Melville SHS

Traffic light category: **Green**

Serves: 1 (approximately 175g)

Ingredients

- 1 Turkish oval roll
- 2 tablespoons reduced fat mayonnaise
- 1½ slices reduced fat cheddar cheese
- 60g poached and sliced skinless chicken
- 40g baby spinach

Method

1. Cut Turkish roll in half
2. Spread with mayonnaise on both sides
3. Place the sliced chicken, cheese and spinach on one side of the roll
4. Toast in a sandwich press until cheese is melted.

Other filling ideas include:

- *avocado*
- *mushroom*
- *tomato, fresh or sun dried*
- *fresh chopped herbs*
- *spring onions*
- *lean ham.*

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1338kJ	762kJ
Protein	26.6g	15.1g
Total fat	18.7g	10.6g
Saturated fat	6.6g	3.8g
Carbohydrate	10.4g	5.9g
Sugars	8.0g	4.5g
Dietary fibre	1.0g	0.5g
Sodium	539mg	306mg



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☎ 9264 4999

✉ wasca@education.wa.edu.au [f](#) /wascainc

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