

Sandwiches & wraps

Traffic light category: **Green**

Sandwiches and wraps are incredibly versatile and can be used with either sweet or savoury toppings. Try some of these:

Fillings for Sandwiches

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



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



See recipes on following pages for further ideas.

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Serves: 18

Turkey, cranberry & avocado sandwiches

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 one slice of bread with cranberry sauce and another slice with avocado mix. Repeat for other slices of bread.
3. Place turkey on top of cranberry sauce and top with other slice of bread to make 6 rounds.
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.
No need to butter the bread.

Roast beef & wasabi mayo sandwiches

Ingredients

- » 6 slices of trimmed roast beef (medium thickness)
- » ½ cup reduced fat mayonnaise
- » 1 teaspoon 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 slice of bread with margarine and spread wasabi mayonnaise on another. Repeat for other slices of bread.
3. Add beef on top of wasabi mayonnaise and top with other slice of bread to make 6 rounds.
4. Cut off the crusts and cut each sandwich 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 nutrition, taste and colour.



Sandwiches & Wraps

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Curried Egg Sandwich Fingers

Ingredients

- » 4 hard boiled eggs
- » ¼ cup reduced fat mayonnaise
- » 2 tsp curry powder (or to taste)
- » 2 tbsp chopped parsley
- » 2 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.

Ham, Cheese & Tomato Chutney Sandwiches

Ingredients

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

Sour Cream & Chive Tuna Sandwiches

Ingredients

- » 300g tuna in spring water, well drained
- » 2 tablespoons reduced fat sour cream
- » 1 tablespoon Light Philadelphia cheese
- » 2 tablespoons 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.



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.

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Smoked salmon & herbed cheese pinwheels

Makes 8-10 pinwheels

Ingredients

- » 150g reduced fat cream cheese
- » 1½ tablespoons dill leaves, finely chopped
- » 1½ tablespoons chives, finely chopped
- » ¼ lemon, rind finely grated, juiced
- » 2 tablespoons 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.

Chicken & pesto pinwheels

Makes 16-20 pinwheels

Ingredients

- » 2 slices of Mountain Bread
- » 80g reduced fat cream cheese or cottage cheese
- » Nut free pesto
- » 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. Cover with cream cheese then chopped chicken, pressing down firmly into pesto to make it 'stick'. Sprinkle with parmesan cheese
2. 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'
3. 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
4. Wrap tightly in plastic wrap with several layers, allow to set in the fridge for at least one hour
5. 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.

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Makes 16-20 pinwheels

Hummus & roast capsicum antipasto pinwheels

Ingredients

- » 1 red capsicum
- » ½ small eggplant
- » ½ small zucchini cut into strips
- » ½ small red onion, roughly/chunky chopped
- » ½ cup chopped sundried tomato
- » ½ cup marinated artichoke
- » 1 tablespoon olive oil
- » 1 clove of garlic crushed
- » ½ cup chopped kalamata olives
- » Ground black pepper
- » ½ cup hummus
- » 125g feta, cubed
- » 2 Mountain Bread
- » Plastic Wrap

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.
4. Roll and wrap in several layers of plastic wrap, refrigerate to set for at least one hour
5. 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 serve.

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Makes: 50 serves

Mini open sandwiches

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.

Method

1. Place cut french bread on platter
2. Arrange toppings attractively and garnish where possible.

Tips

- » 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.