



Class 7: What's wrong with my lunch & Sandwiches, Wraps & Strombolis

Talking Points

What's wrong with my "usual" lunch?

The typical lunch is high in fat, and low in essential nutrients. Eating too many fats and calories can lead to being overweight.

- A. Soda has no nutrients. It only supplies energy. A better choice is milk.
 - a. It has about the same number of calories
 - b. It provides the body with calcium which builds strong bones and prevents osteoporosis.
- B. Chips and fries are high in fat, calories, but low in many nutrients. Fresh fruits and vegetables are a better choice.
 - a. They have almost no fat
 - b. They are low in calories and are high in fiber and water, which helps the digestive system keep moving.
 - c. Fruits and vegetables are also high in vitamin C which helps your body heal itself.
- C. A candy bar is high in sugar, fat, and calories. Sugar is digested quickly, leading to feeling hungry sooner which can lead to overeating. It also has very few nutrients. A sandwich is a better choice.
 - a. Most sandwiches are lower in calories, and also provide protein (from peanut butter, cheese, or meat).
 - b. Protein is what your body is made of.
 - c. Protein helps hair and nails grow, and rebuilds muscles and other cells.
- D. The total calories for the healthy and unhealthy lunch are about the same. The difference are:
 - a. The healthy lunch is more filling

- b. The healthy lunch provides the body with the nutrients as well as the energy it needs.

Four Components of a Healthy Sandwich

A. The Bread

- a. Choose whole grain for fiber and texture
- b. Consider tortillas, pocket bread and small rolls as well as sliced bread

B. The Spread

- a. Avoid high-fat spreads, like mayonnaise, salad dressing or sandwich spread. Substitute mustard.
- b. If you love mayo, choose a low-fat or no-fat version
- c. Reduce the amount you use. Limit to 1 tsp. per slice of bread
- d. Try mixing light cream cheese with some dried or fresh herbs and use that as a sandwich spread
- e. Other unique sandwich spreads are salsa, horseradish, or vinegars

C. The Filling

- a. Choose lower fat, healthy options: turkey, ham, roast beef, tuna, canned chicken, cooked chicken, peanut butter, canned crab, salmon, shrimp, veggies
- b. Avoid processed, cured high-fat lunch meats
- c. Forego cheese if your sandwich will still be delicious without it.
- d. If your sandwich really needs cheese, use a light or fat-free variety.
- e. Limit the filling to 2 oz. or less

D. Veggies & Condiments

- a. Load up on fresh vegetables on your sandwich to really add some great nutrition
- b. The old stand-by's of lettuce and tomato are great (try different varieties of lettuce, not just iceberg).
- c. There are so many other veggies than can be used on sandwiches - cucumbers, sprouts, mushrooms, spinach, bell peppers, zucchini, onions.

- d. Try roasted or grilled veggies (bell peppers, asparagus, eggplant, zucchini, yellow squash, onions).
- e. Black or green olives can be used sparingly as a condiment to tuna or chicken salad, just watch out for fat and sodium.

Recipes

BBQ ROTISSERIE CHICKEN SANDWICHES

Ingredients

$\frac{3}{4}$ c. bottled BBQ sauce
2 c. shredded leftover roasted chicken (or rotisserie chicken)
1 med. green pepper, seeded and finely chopped
1 med. onion, diced
2 Tbsp. Chopped garlic or 2 tsp. granulated garlic
5 whole wheat sandwich rolls, split
Leaf lettuce
Sliced tomato
Dill pickle slices

Directions

1. Combine barbecue sauce, green pepper, onion and garlic in medium saucepan over medium heat. Bring to boiling, stirring often. Reduce heat and simmer 5 minutes until flavors are blended and green peppers are tender.
2. Add chicken to sauce and heat through.
3. Divide evenly among rolls, top with vegetables and pickles and serve

VEGGIE WRAPS

Ingredients

$\frac{1}{4}$ c. tub-style fat free cream cheese
4 10-inch fat-free, whole wheat or vegetable tortillas
4 rinsed spinach leaves, patted dry

1 cup alfalfa sprouts
1 cup shredded red cabbage
1/2 cup chopped tomato
1/4 cup crumbled feta cheese
2 tablespoons finely diced red onions

Directions

1. Spread 1 Tbsp. cream cheese over each tortilla; top each with a piece of spinach.
2. Divide sprouts and remaining ingredients evenly among tortillas; roll up.
3. Cut each wrap in half diagonally and serve with fresh fruit

Stromboli Recipe Options

Directions:

1. Roll out the pizza dough according to the package directions. Sprinkle dough with herbs, if desired.
2. Arrange meat, vegetables and cheeses evenly over the dough, leaving about 1/4 to 1/2" edge all around.
3. Roll dough and ingredients lengthwise, like a jellyroll, roll up the stuffed pizza dough and place on a greased baking sheet with the seam side down.
4. In a small bowl, whisk one egg with a fork and brush crust with beaten egg using a pastry brush.
5. Bake at 375 or 400 degrees for about 20-25 minutes or until nicely browned. Cut into six 1 1/2" slices and serve.

Stromboli Options

Title	Chicken, Cheddar & Broccoli	Ham, Swiss & Broccoli	Lasagna-Style	Pizza-Style	Tuna, American Cheese, and Potato
Crust	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough
Meat Option	1-10 oz. can cooked chicken packed in water, drained	1 c. diced ham	½ # lean ground beef, browned and drained	1 c diced ham	1-10 oz. can tuna packed in water, drained
Vegetable Option	1 c. frozen chopped broccoli, thawed	1 c. frozen chopped broccoli, thawed	½ c. chopped onion + ½ cup sliced mushrooms	1 c. mixture of onions, green peppers mushrooms and black olives	1 c. diced frozen potatoes (for hash browns) + 1 cup frozen peas
Cheese Option	1½ cup low-fat shredded cheddar cheese	1½ c. low-fat shredded Swiss cheese	1 c. low-fat ricotta or drained cottage cheese + ½ c. shredded low-fat mozzarella cheese	1½ c. shredded cheese blend for pizza	1 c. low-fat shredded American cheese
“Extras”	2-4 chopped green onions	2 Tbsp. Dijon mustard spread over dough	¼ to ½ c. spaghetti sauce poured over Stromboli slices	¼ to ½ c. spaghetti sauce poured over Stromboli slices	2-4 chopped green onions

Title	Bierock	Spicy Mexican	Turkey & Cranberry	Roast Beef & Cheddar	Reuben
Crust	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough	1 can (13.5 oz.) pizza dough
Meat Option	½ # lean ground beef, browned and drained	½ # lean ground beef, browned and drained	1 c. diced cooked turkey	1 c. diced cooked roast beef	1 c. diced cooked corned beef or pastrami
Vegetable Option	2 c. finely shredded cabbage (Angel Hair slaw works well)	1 c. combination of chopped onion, black olives, and fresh diced tomatoes	1 c. diced celery (from the salad bar, if you want)	1 c. diced leftover cooked potatoes or frozen diced potatoes for hash browns	1 c. sauerkraut, well drained
Cheese Option	1 ½ c. shredded low-fat mozzarella	1 ½ c. shredded low-fat cheese blend for Mexican food	1 ½ c. shredded low-fat cheddar cheese	1 ½ c. shredded low-fat cheddar cheese	1 ½ c. shredded low-fat Swiss cheese
“Extras”	2-4 chopped green onions	Add 4 oz. chopped green chilies to vegetables. ¼ to ½ c. spaghetti sauce poured over Stromboli slices	¼ c. leftover smooth cranberry sauce spread over dough	2 Tbsp. Mustard spread over dough	2 Tbsp. Dijon mustard spread over dough