




Slim Slammer Turkey & Apple

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Mayonnaise or Salad Dressing (low Fat) Fresh Chopped Parsley Turkey, sliced Green Apples, fresh, sliced  Lemon Juice (Bottled) Bread stick whole grain (1 oz.)	19 oz. 6 oz.	4 TBSP 1 TBSP 1 cup 12 each	<ol style="list-style-type: none"> 1. Wash and chop up the fresh parsley and add it to the mayo. Mix well 2. Wash and slice the Green apples must slice very thin. Put apples in the lemon juice and toss. 3. Slice breadstick in half long ways. 4. Spread 1 tsp mayo mixture on breadstick. 5. Layer with apples and turkey. <p>CCP: Hold sandwich for cold service at 41°F or below. Notes: 2 apples as purchased</p>

Serving Size: 1 each (98 grams) Yield: Servings 12 – Smart Snacks Entrée 1 oz. Meat/Meat Alternate and 1 oz. eq. Grain

Nutrition Analysis:

Calories: 150	Calories from Fat: 36	Total Fat: 4 g	Saturated Fat: 1 g	Trans Fat: 0 g
Cholesterol: 28 mg	Sodium: 480 mg	Total Carbohydrate: 19 g	Dietary Fiber: 2 g	Sugars: 2 g
Protein: 12 g				