

Sandwiches

Tortilla Rolls

10 large whole wheat tortillas

Choose 1 cheese or protein:

- 1 small tub cream cheese
- 250 grams cheese such as cheddar, swiss
- 1 ½ cups hummus
- 250 grams sliced or shaved turkey or chicken
- 1 ½ cups refried beans
- tuna salad

Choose 2 to 3 vegetables, such as:

- 1 cucumber, thinly sliced
- 2-3 carrots, grated
- 1 red pepper, diced
- 1 box alfalfa sprouts
- 10 large lettuce leaves, washed
- 2 avocados, mashed

Prepare all the fillings. For example:

wash and dry lettuce leaves

grate cheese

slice cucumbers

grate carrots

Place 1 tortilla on a cutting board or large plate.

Spread evenly with the spread (cream cheese, hummus, mashed avocados, tuna salad, etc.)

Layer the vegetables on top.

Roll each tortilla up tightly.

Slice tortillas into rounds. Place on a serving plate.

Makes enough for 10 to 12

Leafy Wraps

2 heads lettuce or kale

250 grams cold cuts (turkey, chicken, roast beef)

250 grams cheese

3 carrots, grated

1 cucumber, sliced into sticks

Prepare all the fillings, for example:

- wash and dry lettuce leaves
- grate cheese
- slice cucumbers
- grate carrots

Place 1 leaf on a cutting board or large plate.
 Layer with meat and cheese.
 Layer the vegetables on top.
 Roll up each leaf and serve.

Makes enough for 10 to 12

Tuna or Salmon or Egg Salad

1 can of tuna or salmon OR 2 hard cooked eggs
 a spoonful or two of mayonnaise
 ½ teaspoon spices or herbs such as curry powder or dill
 a sprinkle of salt and pepper

Use a can opener and open the can. Pour the can of fish into the colander to drain off the liquid. Put the fish in a small bowl.

If using eggs, tap the egg on a cutting board to crack the shell. Peel the shell off, then rinse off any shell that may still be stuck. Put the egg in a small bowl.

Using a fork, mash the fish or egg.

Add a spoonful of mayonnaise, spices or herbs and a sprinkle of salt and pepper.

Stir together well with your fork or spoon.

Makes enough for 3 to 4

Veggie Boats

Choose a filling:

- tuna or salmon salad
- egg salad
- cottage cheese
- cream cheese

Choose boats:

- celery, cut into 2" lengths
- cucumbers, cut in half lengthwise, then into 2" lengths and hollowed out
- tomatoes, cut in half and seeds scooped out
- zucchini, cut in half lengthwise, then into 2" lengths and hollowed out
- peppers, seeds removed and cut into chunks

Fill cavities of boats with filling. Decorate with herbs, diced veggies.