

FOOD BYTES

November 2022

Hi there!

Healthy Sandwich Swaps

Sandwiches don't have to be boring, and they certainly can be healthy! Consider making some of these swaps to your traditional sandwiches:

- **Choose Whole Grains**
 - Choosing whole grain provides added nutrition including fiber which can help keep you full longer.
- **Add Avocado**
 - Avocado is a healthy fat and can be swapped out for mayonnaise or cheese, both which have more saturated fats.
- **Consider Hummus**
 - Hummus in place of other condiments such as mayonnaise can not only reduce calories and saturated fats, but can add protein and fiber
- **Pile On Vegetables Or Even Fruit**
 - Whether raw or grilled, adding a variety of vegetables or even fruit such as apple or pear slices can add more nutrition to your sandwich. The more variety you add, the more types of nutrients you'll get!



November
3rd is
National
Sandwich
Day

You don't have to always use chickpeas if making homemade hummus. There are a ton of great options to use including black beans and edamame.

KITCHEN TIP

Look under the stem to know if your avocado is ripe enough to eat. If it's bright green, the avocado is ripe and ready to eat.

If it is brown, your avocado may be overripe and could be partly brown inside.



Recipe Greek Avocado Sandwich

Makes 1 Serving

Ingredients:

- 2 slices whole wheat bread
- ½ avocado
- 1 tablespoon basil pesto
- roasted red bell pepper
- cucumber, sliced into thin rounds
- thinly sliced red onion
- 6 pitted kalamata olives, thinly sliced
- handful spring mix
- balsamic reduction or regular balsamic vinegar

Instructions:

1. Pit and peel the avocado half and mash it with a fork.
2. Spread avocado on one slice of bread. Spread a layer of pesto on the other slice of bread.
3. Top the avocado bread with a single layer of roasted red bell pepper. Then add a layer of cucumber slices, red onion, olives and spring mix. Use a spoon to sprinkle some balsamic reduction over the lettuce. Place the pesto slice on top, pesto side down.