

'Deli Meat' Free Sandwich Ideas

Sandwiches are a delicious and filling lunch! However, deli meats are a highly processed food and Canada's Food Guide recommends we limit how many highly processed foods we eat. Thankfully, there are many ways to build a mouthwatering sandwich without the deli meat.

Try any of these ideas on whole grain bread, pitas, buns, tortilla wraps, or naan:

Last Night's Leftovers: Roasted chicken, turkey, beef, or pork topped with fresh veggies. Try adding a tasty condiment like Dijon mustard or fruit chutney.

Egg, Tuna or Salmon Salad: Mix up these favourites by using hard boiled eggs, canned tuna or canned salmon, mayonnaise, finely chopped celery and peppers. Top with fresh lettuce.

Chicken Salad: Try a new twist with diced roasted chicken, mayonnaise, curry powder, and cut up red grapes.

Meatloaf: Slice it cold and top it with fresh vegetables and mustard or ketchup.

Cheddar, Mozzarella, Marble or Swiss Cheese: With jam, veggies or thinly sliced pear.

Dry Cottage Cheese: Add cinnamon and fruit or tomatoes and sliced peppers.

Fresh Vegetables: With light cream cheese or mayonnaise.

Hummus: Top with sliced cucumbers, shredded carrot and lettuce.

Here are some delicious ideas that work better in a wrap:

- Scrambled eggs, onions, peppers, grated cheddar cheese and salsa
- Diced roasted chicken, fresh mango, red onion, greens and a sauce made by combining mango chutney and mayonnaise
- Refried beans, salsa and lettuce
- Soy butter with a whole banana



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