

# HEALTHY COOK



## Under Wraps

BY KATE SHERWOOD

Think of your sandwiches as a chance to eat a salad without a fork and you'll get the right balance of shrubbery to poultry, seafood, meat, cheese, tofu, beans, etc. That way, you can try different salad dressings when you want a break from mayo and mustard.

If you're packing a brown bag, bring the salad and dressing in separate containers. Toss together, stuff, and dig in. M-m-m-m. 🥗

Got a question or suggestion? Write to [healthycook@cspinet.org](mailto:healthycook@cspinet.org).



### Bagels & English Muffins

- Oil-packed sundried tomatoes, cream cheese, cucumber, red onion, leaf lettuce
- Roasted red pepper hummus, cucumber, radish, lettuce (see photo)
- Almond butter, sliced apple, a sprinkle of cinnamon
- Cheddar cheese, baby spinach, fruit chutney
- Swiss cheese, tomato, red onion, lettuce, honey mustard dressing (see photo)
- Chopped egg, minced celery, chives, and radish slices mixed with mayonnaise and Dijon mustard, leaf lettuce



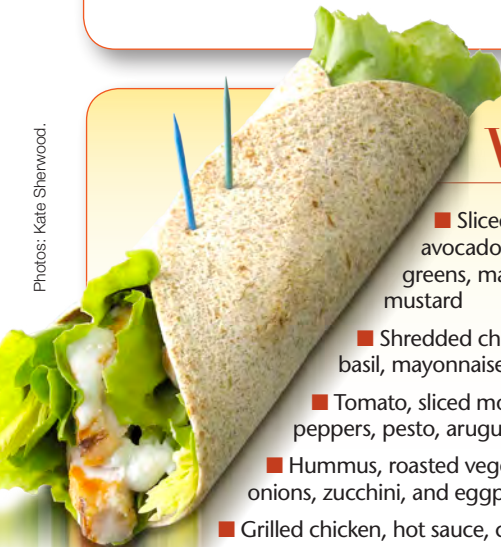
### Thins

- Salmon mixed with chopped dill and low-fat sour cream, tomato, mixed greens (see photo)
- Chopped chicken, mayonnaise, a sprinkle of curry powder, celery, golden raisins, lettuce
- Veggie burger, shredded cabbage, cole slaw dressing
- Fresh mozzarella, cherry tomatoes, oil-packed sundried tomatoes, arugula



### Pitas

- Vegetables (try white mushroom, radish, carrot, cucumber, tomato, and avocado), sunflower seeds, ranch dressing
- Puréed white beans mixed with roasted garlic, extra-virgin olive oil, and lemon juice, topped with oil-packed sundried tomatoes and arugula
- Cherry tomatoes, red onion, bell peppers, feta, lettuce, Greek vinaigrette (see photo)
- Shrimp, black beans, corn kernels, red onion, shredded romaine, spicy ranch dressing
- Edamame, radish, carrot, cabbage, avocado, sesame dressing
- Tuna, celery, carrot, radish, tomato, balsamic vinaigrette
- Marinated and grilled portobello mushroom, onion, and zucchini, topped with tomato, arugula, pesto, and mayonnaise
- Sliced provolone, red onion, tomato, green pepper, lettuce, Italian vinaigrette



### Wraps

- Sliced turkey breast, avocado, tomato, mixed salad greens, mayonnaise, Dijon mustard
- Shredded chicken, tomato, fresh basil, mayonnaise, lettuce
- Tomato, sliced mozzarella, roasted peppers, pesto, arugula
- Hummus, roasted vegetables (try peppers, onions, zucchini, and eggplant)
- Grilled chicken, hot sauce, celery leaves, lettuce, blue cheese dressing (see photo)

Photos: Kate Sherwood.