



## Sandwich sticks

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 serves

### Ingredients:

- 12 slices whole grain bread
- 240 g lean meat (e.g. chicken breast), sliced
- 24 cubes or 12 slices of reduced fat cheese (approximately 240 g)
- 24 cherry tomatoes
- 2 cucumbers, sliced
- 2 capsicums, cut into pieces
- 1 carrot, shaved
- 6 lettuce leaves (e.g. cos or iceberg), cut into pieces
- 12 skewers
- Fun shaped cookie cutters

### Method:

1. Use cookie cutters to cut out fun shapes in the bread. Aim for 2-3 shapes per slice.
2. If using sliced cheese, cut each slice in half.
3. Assemble each skewer by threading the ingredients on in any order.

### Tips:

- To ensure that each skewer can include all the fillings, cut/shave ingredients into multiples of 12.

### Variations:

- You can mix it up by using any vegetables you would like, such as raw zucchini slices, leftover roasted sweet potato or olives. The chicken can be substituted for turkey, leftover roast lamb or any lean protein.

*Recipe tested by KM 2015*