

Make-Ahead Tuna Hoagie

Serves 8

Ingredients

1 - 16 ounce loaf of sourdough French bread

1 - 12 1/4 ounce canned low-salt tuna, water-packed, drained and flaked

2 TABLESPOONS - balsamic or red wine vinegar

1/4 CUP - fat-free, cholesterol-free mayonnaise or salad dressing

1 TEASPOON - anchovy paste

1 - large ripe tomato, thinly sliced

1/2 - medium red onion, thinly sliced

1/4 CUP - loosely packed fresh chopped parsley leaves

Freshly ground black pepper

Directions

- 1** Cut bread in half lengthwise. Using your fingers, hollow out each half of the bread, leaving a 1/2 inch shell. Save bread from inside loaf for another use.
- 2** In a small bowl, combine tuna and vinegar; set aside.
- 3** In another small bowl, stir together mayonnaise or salad dressing and anchovy paste. Spread the inside of each half of loaf with mayonnaise mixture. Spoon tuna mixture into the bottom half of bread.
- 4** Arrange tomato slices over tuna and season with pepper. Arrange onions over tomatoes and sprinkle with parsley. Top with remaining bread half.
- 5** Wrap loaf in foil and store in the refrigerator for 2 to 24 hours. To serve, cut into 8 slices.

CALORIES: 246

TOTAL FAT: 6G

SATURATED FAT: 4G

CHOLESTEROL: 17MG

SODIUM: 322MG

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Open-Face Vegetable Sandwiches

Serves 2

INGREDIENTS

- 2 TO 4 TEASPOONS** - dijon mustard
- 2** - whole-grain English muffins, split and toasted
- 1/2 CUP** - small broccoli florets
- 1/4 CUP** - red, yellow, or green bell pepper, chopped
- 1/4 CUP** - shredded carrot
- 1/2 CUP** - low-fat Monterey Jack cheese, shredded

CALORIES: 223
TOTAL FAT: 1G
SATURATED FAT: 0G
CHOLESTEROL: 8MG
SODIUM: 519MG

Directions

- 1** Preheat broiler.
- 2** Spread mustard over the cut side of each English muffin half. Arrange broccoli, bell pepper, and carrot over mustard. Sprinkle with cheese.
- 3** Place English muffin halves on the unheated rack of a broiler pan.
- 4** Broil about 4 inches from the heat for 2 to 3 minutes, or until cheese melts.

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Heart-Healthful Turkey Reubens

Serves 4

Ingredients

- 1/4 CUP** - fat-free Thousand Island salad dressing
- 8 SLICES** - dark rye or pumpernickel bread
- vegetable oil spray
- 8 OUNCES** - thinly sliced low-fat, low-sodium cooked turkey or chicken
- 1/2 CUP** - sauerkraut, rinsed and well drained
- 4 SLICES** - low-fat Swiss cheese (1 1/2 ounces)

CALORIES: 273
TOTAL FAT: 5G
SATURATED FAT: 1G
CHOLESTEROL: 48MG
SODIUM: 780MG

Directions

- 1** Spread salad dressing on one side of each slice of bread. Top 4 slices of bread with turkey or chicken, sauerkraut and cheese. Top with remaining bread slices, dressing side down.
- 2** Spray a large skillet with vegetable oil. Cook 2 sandwiches over medium heat for 4 to 6 minutes, or until bread toasts and cheese melts, turning once.
- 3** Repeat with remaining sandwiches.

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Vegetable Sandwich Booster

Serves 4

Ingredients

- 1 - MEDIUM** zucchini
- 1/2 CUP** - carrots, grated
- 1/4 CUP** - red wine or balsamic vinegar
- 1** - bell pepper
- 1** - small red onion
- 1 TEASPOON** - olive oil
- Salt and pepper to taste

CALORIES: 52
TOTAL FAT: 4G
FIBER: 1G
CHOLESTEROL: 0G
SODIUM: 5MG

Directions

- 1** Slice all vegetables thinly. Toss with oil, vinegar, salt, and pepper. Add to sandwich to boost vegetable servings.

*CDC Fruits & Veggies - More Matters.
www.fruitsandveggiesmatter.gov*

Grilled Vegetable and Cheese Sandwich

Serves 4

Ingredients

- 2** - large zucchini squash, cut lengthwise into eight 1/4 inch slices
- 4** - slices sweet onion (such as Vidalia or Walla Walla) cut 1/4 inch thick
- 1** - large yellow bell pepper, cut lengthwise into quarters
- 4 TABLESPOONS** - prepared fat-free dressing, divided in half
- 8** - oval slices sourdough bread
- 4 (1 OUNCE)** - slices low-fat cheese

CALORIES: 290
TOTAL FAT: 11G
SATURATED FAT: 3G
CHOLESTEROL: 30MG
SODIUM: 939MG

Directions

- 1** Prepare barbeque for grilling. Brush both sides of vegetables with 2 tablespoons of dressing. Place vegetables on grid over medium coals. Grill on covered grill 5 minutes. Turn; grill 2 minutes.
- 2** Brush both sides of bread lightly with remaining 2 tablespoons dressing. Place bread around vegetables; grill 2 minutes or until bread is lightly toasted. Turn bread; top 4 pieces of bread with 4 slices of cheese. Grill vegetables and bread 1 to 2 minutes more or until cheese is melted, bread is toasted and vegetables are crisp-tender.
- 3** Arrange vegetables over cheese side of bread; top with remaining bread.

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Tuna Pita Pockets

Serves 2

Ingredients

- 2 CUPS** - iceberg lettuce, shredded
- 1** - 3 ounce canned tuna in spring water
- 1/2 CUP** - tomatoes
- 1/4 CUP** - green pepper
- 1/4 CUP** - carrots
- 1/4 CUP** - broccoli
- 1/4 CUP** - onion
- 1/4 CUP** - light ranch dressing
- 1** - whole-wheat pita pocket

CALORIES: 155

TOTAL FAT: 5G

FIBER: 3G

CHOLESTEROL: 10MG

SODIUM: 400MG

Directions

- 1** Shred iceberg lettuce and place in bowl.
- 2** Dice tomatoes, green pepper, carrots, broccoli, and onion. Add to lettuce.
- 3** Toss well.
- 4** Drain tuna and place half in the bowl.
- 5** Add half of the dressing.
- 6** Add remaining tuna and ranch dressing.
- 7** Toss well.
- 8** Slice pita in half. Put 3/4 cup of the mixture into each pita pocket and serve.

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