

FIT

Heirloom Tomato, Turkey Bacon BLT, Avocado Spread, Open-Face Sandwich on Multigrain

Recipe Yield: 4 servings

Serving: 1 open-face sandwich

Turkey Bacon	8 slices	Kosher Salt	1/8 tsp
Pan Spray	as needed	Tomatoes, Heirloom, Fresh	14 ounce
Avocado, Fresh, Diced	4 ounce	Lettuce, Boston Bibb, Individual Leaf	8 each
Lemon Juice, Fresh	1 tbsp.	9 Grain Wheat Bread, 1.5 oz slice	4 each
Olive Oil, Extra Virgin	1 tbsp.	Ground Pepper, Fresh	¼ tsp

1. Prepare turkey bacon using pan spray. Reserve.
2. In a food processor, pulse avocado, lemon juice, olive oil, and salt just until smooth.
3. Toast bread.
4. Slice heirloom tomatoes.
5. To assemble, top ONE slice of toasted multigrain bread with:
2 tbsp. avocado spread, 2 bibb lettuce leaves, 2 slices turkey bacon, 2 slices (3 oz. wt.) heirloom tomato, 1 pinch of black pepper

Nutrition Info (per serving):

Cal: 250; Total Fat:13g; Sat Fat: 2.5g; Sodium: 550mg; Carbs: 26g; Protein: 10g; Fiber: 5g; Sugar: 5g

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Chicken, Mozzarella, Artichoke Pesto Spread, Open-Face Sandwich on Whole Wheat

Recipe Yield: 4 servings

Serving: 1 open-face sandwiches

Chicken Breast, Skinless	1 ¼ lb	Basil Pesto, Nut Free	1 5/8 tsp
Lemon Juice	5/8 tsp	Just Mayo, Light	1 5/8 tsp
Canola Oil	2 ½ tsp	Artichoke Hearts, Canned, Chopped	3/8 cup
Ground Black Pepper	5/8 tsp	Whole Wheat Bread, 1.5 oz slice	4 slices
Bell Peppers, Red	1-2/3 lb	Fresh Mozzarella Cheese	8 tbsp

1. Grill Chicken: Toss chicken breasts in lemon juice and oil. Place on a baking sheet for grilling. Sprinkle with pepper. Place seasoned side on clean, hot grill. Cook until halfway done and turn over to finish cooking. Cook to an internal temperature of 165°F.
2. Roasted Red Peppers: Grill peppers on high heat until skin is charred all over. Immediately place peppers in a metal bowl and cover with plastic wrap. Allow peppers to sit for 15 minutes. Scrape and remove charred skin from peppers. Discard pepper stems and seeds. Julienne and hold.
3. In a food processor, pulse basil pesto, mayo, and artichoke hearts until smooth. Reserve.
4. Toast bread.
5. To assemble, top ONE slice of toasted whole wheat bread with: 2 tbsp. artichoke spread, 1/4 cup roasted red pepper, 3-1/2 oz. chicken, 2 tbsp. diced mozzarella

Nutrition Info (per serving):

Cal: 410; Total Fat: 15g; Sat Fat: 5g; Sodium: 530mg; Carbs: 24g; Protein: 42g; Fiber: 5g; Sugar: 4g

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Hummus, Pickled Radish, Open-Face Sandwich on Whole Wheat

Recipe Yield: 1 servings
Serving: 1 open-face sandwich

Pickled Radish:		Hummus	¼ cup
Celery Seed	1/8 tsp	Bread, Whole Wheat, 1.5 oz slice	1 slice
Rice Wine Vinegar, Unseasoned	2 tbsp	Cucumbers, Fresh, Peeled, Sliced	2 each
Sugar, Granulated	1 tbsp	Tomatoes, Fresh, Sliced	2 each
Radish, Fresh, Sliced, 1/8" inch	1-1/2 oz	Arugula	¼ cup

1. For hummus, either prepare your favorite recipe (using dry beans helps to control sodium) or use pre-made.
2. Prepare pickled radish: Toast celery seeds. Add sugar and vinegar, bring to a boil. Cool. Pour vinegar liquid over sliced radish and let cool in the refrigerator.
3. Toast bread.
4. To assemble, top ONE slice of toasted whole wheat bread with: 1/4 cup hummus, 1/4 cup arugula, 2 each cucumber slices, 2 each tomato slices, 2 tbsp. pickled radish

Nutrition Info (per serving):

Cal: 355; Total Fat: 12g; Sat Fat: 2g; Sodium: 340mg; Carbs: 51g; Protein: 14g; Fiber: 11g; Sugar: 18g

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Celery Seed	1/8 tsp	Bread, Whole Wheat, 1.5 oz slice	1 slice
Rice Wine Vinegar, Unseasoned	2 tbsp	Cucumbers, Fresh, Peeled, Sliced	2 each
Sugar, Granulated	1 tbsp	Tomatoes, Fresh, Sliced	2 each
Radish, Fresh, Sliced, 1/8" inch	1-1/2 oz	Arugula	¼ cup

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Grilled Flank Steak, Mango, Cucumber, Chimichurri, on Open-Face Sandwich Multigrain

Recipe Yield: 7 servings
Serving: 1 open-face sandwich

Cilantro Lime Flank Steak	see recipe	Cilantro, Fresh, Chopped	2 tsp
Chimichurri Sauce	see recipe	Lime Juice	1.5 tbsp.
Cucumbers, Peeled, Julienne-Slice	5 oz	Olive Oil, Extra Virgin	1 tbsp.
Mango, Fresh, Peeled, Julienne-Slice	5 oz	Kosher Salt	½ tsp
Mint, Fresh, Chopped	2 tsp	Brown Sugar, Light	2 tsp
		9 Grain Wheat Bread, 1.5 oz slice	7 slice

1. Prepare flank steak according to recipe. Chill. Thinly slice.
2. Prepare chimichurri according to recipe. Hold cold.
3. In a bowl, toss together cucumber, mango, mint, cilantro, lime juice, oil, salt, and brown sugar. Hold cold.
4. Toast bread.
5. To assemble, top ONE slice of toasted multigrain bread with: 3.5 oz. flank steak, 1 tbsp. chimichurri, 1/4 cup cucumber mango salad

Nutrition Info (per serving):

Cal: 390; Total Fat: 20g; Sat Fat: 5g; Sodium: 460mg; Carbs:25g; Protein: 28g; Fiber: 2g; Sugar: 6g

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Cilantro Lime Flank Steak & Chimichurri Sauce Sub Recipes

for Grilled Flank Steak, Mango, Cucumber, Chimichurri, Multigrain, Open-Face Sandwich

Cilantro Lime Flank Steak

Garlic Cloves, Peeled	2/3 oz
Serrano Chili Pepper	¼ oz
Olive/Canola Oil Blend	2 1/8 tbsp
Kosher Salt	1/8 tsp
Cilantro, Fresh, Minced	1-1/8 tsp
Sugar	1/8 tsp
Lime Juice	¼ cup
Flank Steak, Raw	1-5/8 lb

Chimichurri Sauce

Parsley, Fresh, Chopped	½ cup
Cilantro, Fresh, Chopped	2 tbsp
Garlic Cloves, Peeled, Minced	1.5 tsp
Cumin, Ground	½ tsp
Kosher Salt	¼ tsp
Sugar	½ tsp
Apple Cider Vinegar	2-2/3 tbsp
Serrano Chili Pepper	¼ each
Olive/Canola Oil Blend	4 tbsp

Cilantro Lime Flank Steak

1. Pre-heat oven to 350°F. On a parchment lined sheet tray dry roast the garlic cloves and chilies until both are blackened in spots and soft, about 10 minutes for the chilies and 15 minutes for the garlic. Pull out the chilies stems and remove any papery husks from the garlic.
2. Process the chilies and garlic cloves in a blender or food processor. Add the oil, salt, cilantro and sugar and continue to blend. With the machine running, add the lime juice in a slow, steady stream to finish the marinade.
3. Place flank steak in a pan and cover with the marinade, place in the cooler and let marinate over night. Pre-heat grill to high. Remove flank steak from the marinade letting the excess drip off.
4. Sear for 2 minutes on each side. Remove from the grill and place in the 350°F oven cooking to 130°F.

Chimichurri Sauce

1. Place all ingredients into a blender and process until smooth.