

Turkey Lunch Rolls

INGREDIENTS:

1 tablespoon wine vinegar
1 teaspoon olive or salad oil
1/4 teaspoon dried oregano, crushed
2 ounces cooked turkey, cut into bite-size strips
1 ounce sliced turkey salami luncheon meat, cut into bite-size strips
1 ounce sliced provolone cheese, cut into bite-size pieces
1/2 cup chopped fresh mushrooms
1/4 cup chopped green or sweet red pepper
2 tablespoons sliced green onions
2 French-style rolls (about 6 inches long)

DIRECTIONS:

In a small bowl combine vinegar, oil, and oregano. Add turkey, turkey salami, cheese, mushrooms, green or sweet red pepper, and green onions. Toss to mix well. Divide between 2 small airtight containers. Chill overnight. Store up to 3 days in the refrigerator. For each serving, cut the top off 1 roll. Scoop out the center, reserving the crumbs for another use.

Pack the roll in a small clear plastic bag. Carry with 1 container of the turkey mixture in an insulated lunch box with a frozen ice pack ice pack.

To serve, spoon the turkey mixture into the bottom of roll. Add roll top.

Makes 2 servings.

Calories: 321/serving

TIME:

Preparation Time: 25 min.

Chilling Time: overnight

NUTRITIONAL INFORMATION PER SERVING:

20g protein
34g carbohydrate
11g fat
45mg cholesterol
616mgsodium
305mg potassium

-Low Cholesterol