

## Waffle-Wiches

*A fun way to grill sandwiches*

Makes: 4

### Ingredients:

- 1/4 cup low fat salad dressing
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 4 thin slices cheddar, Colby, Swiss or mozzarella cheese
- 4 slices (about 1/4 pound) deli turkey, ham or roast beef
- 8 slices whole wheat sandwich bread

### Directions:

1. Spray waffle iron with cooking spray and heat.
2. Combine salad dressing, mustard and honey in a small bowl.
3. Spread dressing on one side of each slice of bread.
4. Divide meat and cheese and place on dressing side of bread to make 4 sandwiches
5. Place 1 sandwich in the middle of heated waffle iron.
6. Bake for 2 to 3 minutes or until sandwich is golden brown and cheese is melted.
7. Repeat with other sandwiches.

*Nutrition Facts: One sandwich provides 240 calories, 7g total fat, 15mg cholesterol, 740mg sodium, 30g total carbohydrate*

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This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call (800)221-5689.

K-STATE RESEARCH AND EXTENSION  
FAMILY NUTRITION PROGRAM



### Chef's Choice

- Waffle-Wiches
- Apple slices
- Carrot sticks
- Chocolate oatmeal cookie
- Low fat milk

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