

Waffle-Wiches

A fun way to grill sandwiches



Level: Easy

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



Kids' Tool Kit

- Mixing bowl
- Measuring spoon
- Measuring cup
- Spoon
- Waffle iron or griddle
- Cooking spray
- Spatula
- Fork
- Knife

Chef's Choice

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



Directions:

Remember to wash your hands!

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.



Helpful Hints: Don't have a waffle iron? Use a griddle or skillet to toast the bread and melt the cheese. Heat the griddle on medium heat and watch carefully so the bread is evenly toasted on both sides.

Cut the Waffle-Wiches into strips for easy dipping in ketchup or sauce.

Read the bread label to make sure it says "100% whole wheat bread" for extra fiber and wholesome ingredients. Other words like "wheat" or "cracked wheat" do not mean the same as 100% whole wheat bread.

Try different combinations of meat, cheese, sauces and bread. It's a great way to use left-overs!



Safety Tips in the Kitchen: Electrical appliances need special attention. Keep small appliances unplugged when not in use. Don't let the waffle iron sit in spilled liquids and never use wet hands to plug it in. Water and electricity can cause a shock. If the waffle iron falls into the sink, DO NOT reach in to get it! Call for help.

If you have long hair, keep it tied back. Never wear loose or baggy clothing while cooking. Hair and clothes can catch on fire or get caught on handles.

Wear clean clothes, free of dirt, food and bacteria that can contaminate food.

Wear an apron or clean T-shirt to cover your clothes while cooking.

Nutrition Facts

Serving Size 1 sandwich (116g)
Servings Per Container 4

Amount Per Serving

Calories 240 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 8%

Cholesterol 15mg 5%

Sodium 740mg 31%

Total Carbohydrate 30g 10%

Dietary Fiber 2g 8%

Sugars 8g

Protein 15g

Vitamin A 2% • Vitamin C 0%

Calcium 15% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.