



Turn Leftovers into Sandwiches

Leftover chicken or turkey can be turned into great hot sandwiches. Try different kinds of bread, vary the ingredients in the filling and choose the cheese you like for variety.

Use a sharp knife to chop the refrigerated meat into bite-size pieces before mixing with other ingredients. Try adding crunchy, diced celery to the filling or even shredded carrots. The vegetables add flavor, color and nutrients. Shredded cheese adds flavor and texture and is a great source of protein and calcium. Add just a little lowfat mayonnaise or salad dressing to moisten the ingredients so you can combine the filling. Save money by purchasing bread from the "day-old" shelf at the grocery store—usually the cost is about half. Since the sandwiches are toasted, no need to buy fresh bread. Next time you cook chicken, save some for tasty, toasty sandwiches.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. 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 1-800-221-5689.



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