

## The Californian



- 1½ **tablespoons reduced-fat cream cheese, softened**
- 2 **teaspoons chutney**
- 2 **slices pumpernickel bread**
- 2 **lettuce leaves**
- 4 **ounces thinly sliced deli chicken breast**
- ¾ **cup alfalfa sprouts**
- ½ **medium mango, peeled and sliced**
- ½ **pear, cored and sliced**
- 4 **strawberries**

1. Combine cream cheese and chutney in small bowl;

spread about ½ tablespoon on each bread slice. Place 1 lettuce leaf over cream cheese mixture. Divide chicken evenly into 2 servings; place over lettuce. Arrange alfalfa sprouts over chicken; arrange mango and pear slices over sprouts. Garnish each open-faced sandwich with a strawberry.

*Makes 2 servings  
(2 open-faced pieces per serving)*

### DIETARY EXCHANGES:

1 Starch, 3 Lean Meat, 1½ Fruit

### NUTRIENTS PER SERVING:

Cal.: ..... 318	Cal. from Fat: ...17 %
Total Fat:... 6 g	Sat. Fat: .....2 g
Carb.:..... 36 g	Protein:..... 30 g
Chol.:..... 72 mg	Sodium:..... 304 mg
Fiber: ..... 6 g	



## Kids' Wrap



- 4 **teaspoons Dijon honey mustard**
- 2 **(8-inch) fat-free flour tortillas**
- 2 **slices reduced-fat American cheese, torn into halves**
- 4 **ounces fat-free, reduced-sodium oven-roasted turkey breast**
- ½ **cup shredded carrots (about 1 medium)**
- 3 **romaine lettuce leaves, washed and torn into bite-size pieces**

1. Spread 2 teaspoons mustard evenly over one tortilla.

2. Top with 2 cheese halves, half of turkey, half of shredded carrots and half of torn lettuce.

3. Roll up tortilla and cut in half. Repeat with remaining ingredients.

*Makes 2 servings  
(2 halves per serving)*

### DIETARY EXCHANGES:

1 Starch, 2 Lean Meat, 1 Vegetable

### NUTRIENTS PER SERVING:

Cal.: ..... 203	Cal. from Fat: ...19 %
Total Fat:... 4 g	Sat. Fat: .....2 g
Carb.:..... 23 g	Protein:..... 20 g
Chol.:..... 59 mg	Sodium:..... 630 mg
Fiber: ..... 7 g	