

Slimmers Open Choice Sandwich



Pilgrims Choice®



It's all about the cheese

Slimmers Open Choice Sandwich

Watching your weight? Don't make the mistake of excluding hard cheese from your diet – it's so good for you, as it's an excellent source of protein and calcium.

Serves 2

Suitable for vegetarians

2 slices wholemeal bread

1 tbsp low fat soft cheese

Mixed lettuce leaves

1 red apple, cored and sliced

1 celery stick, thinly sliced

25g (1oz) ready-to-eat dried apricots, chopped

15g (1/2 oz) raisins or sultanas

40g (1 1/2oz) Pilgrims Choice Extra Mature Cheddar, cubed

4 tbsp low fat plain yogurt

1 tsp finely grated lemon zest

Freshly ground black pepper

1. Spread the slices of wholemeal bread with the low fat soft cheese. Place onto serving plates and top with some lettuce leaves.

2. Mix together the apple, celery, apricots and raisins or sultanas. Share between the two slices of bread.

3. Scatter an equal amount of cheese over each open sandwich. Mix the yogurt and lemon zest together and drizzle on top, then season with a little black pepper. Serve at once.

Cook's tip: Add a little finely chopped mint to the yogurt mixture instead of lemon zest – or use both!



Recipe Collection

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