



Turkey Sandwich with Sun-dried Tomato & Pesto

If you have leftover turkey from dinner, put it to good use by incorporating it into a delicious sandwich for lunch the next day. Basil and tomatoes are late summer wonders. Here you can have the flavors of summer packed into a delicious sandwich that's available year-round.

Tip: Whenever possible, choose fresh basil over the dried form of the herb since it is superior in flavor. The leaves of fresh basil should look vibrant and be deep green in color.

Prep: 20 minutes • Total: 25 minutes

Ingredients:

Olive oil	1 tsp	5 mL
Turkey breast	2 oz	56 g
Basil leaves	¼ cup	60 mL
Parmesan cheese, grated	2 Tbsp	30 mL
Olive oil	1 Tbsp	15 mL
Pine nuts, toasted	1 Tbsp	15 mL
Sun-dried tomato	1 tsp	5 mL
Romaine lettuce	2 leaves	2 leaves
Focaccia bread	1 piece	1 piece

Directions:

1. In a skillet over medium-high heat, heat 1 tsp oil until simmers. Season turkey with salt and pepper if desired. Add turkey breast and cook 5 minutes, turning once, or until cooked through.
2. In mini-processor fitted with a steel blade, pulse the basil, Parmesan cheese, olive oil, pine nuts, salt and pepper until combined.
3. In a small bowl mix pesto and sun-dried tomato to combine. Spread on one cut side of focaccia bread. Top with turkey and lettuce. Place focaccia slice on top.

Note: If using leftover turkey, skip step 1.

Nutrition Facts

Serving Size (149g)

Servings Per Container

Amount Per Serving

Calories 420 **Calories from Fat 230**

% Daily Value*

Total Fat 25g **38%**

 Saturated Fat 4.5g **23%**

 Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 440mg **18%**

Total Carbohydrate 22g **7%**

 Dietary Fiber 1g **4%**

 Sugars 1g

Protein 27g

Vitamin A 10% • Vitamin C 4%

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

Adapted from: Kaboose

Makes 1 servings • 1 serving = 1 sandwich

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