

Lunch

Turkey & Apple Butter Sandwich

10 Mins
Prep Time

0 Mins
Cook Time

4
Servings

428 Calories **17g** Fat **46g** Carbs **22g** Protein



Ingredients

4 Servings **10 Mins** Total Time Allergens: Dairy, Gluten

8 Slices of Bread

1/3 Cup Apple Butter

1/4 Cup Light Mayonnaise

1/2 lb Deli-Sliced, All-Natural Turkey Breast

4 (1 oz) Slices Havarti Cheese

1 Large Apple (peeled, cored, and thinly sliced)

Salt and Pepper, to taste

Allergen Swap

Dairy Use a mayo-substitute, such as vegan mayonnaise, use a non-dairy cheese alternative

Gluten Use gluten-free bread

Nourishment Note



Lean Turkey Breast

Lean turkey breast is an excellent source of protein.



Havarti Cheese

Havarti cheese provides calcium, an important mineral for those with Crohn's disease and ulcerative colitis.



Apples

Peeled apples provide healthy, easy to digest soluble fiber important for gut health.

Instructions

1. Mix Apple Butter and Mayo

Place bread on a work surface or cutting board. In a small bowl, combine apple butter and light mayonnaise. Spread evenly on bread slices.

2. Make Sandwich

Top 4 bread slices with 2 oz. turkey, 1 cheese slice, and apple slices. Season with salt and pepper, and top with another slice of bread.

3. Serve & Enjoy

Cut each sandwich in half, serve and enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Kitchen Knife



Measuring Cup



Small Bowl



Butter Knife

- Omit peeling the apple
- Choose a whole grain bread
- Add a leafy green to your sandwich, like arugula or spinach