

## A CenFully Good Recipe from



### Turkey Parmesan

Serves 2

#### Ingredients

- 2 Slices turkey breast
- 4 Slices whole wheat bread
- 4 Tsp low fat mayo
- 4 Slices red roasted pepper
- 2 Tsp parmesan cheese
- 1 Tsp thyme leaves, dried
- 1/2 Cup shredded Napa cabbage or romaine lettuce

#### Instructions

1. Set your broiler 400 degrees. Toast 4 slices of bread
2. Mix the mayo, cheese, thyme, salt, & pepper. Spread the mixture on one side of the bread.
3. Run under the broiler. Plate the toast and place turkey on two slices. Finally, add shredded lettuce or Napa cabbage for crunch, and close sandwiches.

\*Note: To stop apples from turning brown, dip cut apples in a little lemon juice and water mixture.

Per serving:

Calories: 251

GI: Low

Carbohydrates: 29g

Protein: 22g

Fat: 8g