



LETTUCE, CUCUMBER & TURKEY SKEWER SANDWICHES



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Preparation 20 mins | Makes 6

You'll need 6 bamboo skewers for this recipe.

- ¼ small Iceberg lettuce, washed and chilled
- 1 large Lebanese cucumber
- 4 slices whole grain bread, crusts removed
- Butter or margarine, for spreading
- Cranberry sauce, for spreading
- 12 mini roma tomatoes
- 150g sliced turkey breast, thinly sliced lengthways
- 4 slices Swiss cheese, halved

STEP 1 Cut chilled lettuce into small bite-sized pieces. Using a vegetable peeler, slice cucumber lengthways into thin ribbons.

STEP 2 Spread bread with butter or margarine then spread with cranberry sauce. Cut each slice into 4 squares.

STEP 3 Thread tomatoes, bread, turkey, cucumber ribbons, cheese and lettuce onto 6 thick bamboo skewers and serve.

TIP: For younger children, trim the pointy end of the skewers.

Good for you... **LETTUCE**

Provides folate, a B vitamin that is needed for normal formation of blood and contributes to growth and development in children. Darker outside leaves provide beta carotene, which the body converts to vitamin A.



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