

COMMUNITY



LiveBetter
with MedWatch

Cran-Turkey Sandwich

Ingredients

- 2 Tbsp. honey mustard
- 2 Tbsp. dried cranberries
- 2 slices whole-wheat bread
- 2 ounces roasted turkey breast
- fresh lettuce leaves

Preparation

1. Mix honey mustard with dried cranberries; spread on whole-wheat bread
2. Layer turkey breast and lettuce leaves



Nutrition Analysis

Per serving: 402 calories, 3 g fat, 22 mg cholesterol, 1,644 mg sodium, 6 g fiber



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