

LiveBetter with MedWatch

Turkey Veggie Melt

Ingredients

- 1 (1-pound) package broccoli, cauliflower and carrots
- ¼ cup creamy Parmesan salad dressing
- 1 (8-ounce) loaf French bread
- ½ pound turkey breast, thinly sliced
- ¾ cup (3 ounces) shredded reduced-fat Cheddar cheese

Preparation

1. Heat oven to 400°.
2. In medium microwave-safe bowl, microwave frozen vegetables 3 to 7 minutes, or until thawed; drain well.
3. Stir in salad dressing.
4. Split French bread horizontally; place on ungreased cookie sheet.
5. Arrange turkey evenly on bread halves.
6. Spoon vegetable mixture over turkey. Sprinkle with cheese.
7. Bake for 7 to 10 minutes, or until thoroughly heated and cheese is melted.

Makes 4 servings.



Nutrition Analysis

Per serving: 400 calories, 14 g fat (4 g saturated fat), 65 mg cholesterol, 700 mg sodium, 5 g dietary fiber



LiveBetter with MedWatch is made possible in part by a gift from Cambridge Homes.