

Olly's Submarine Sandwich



Prep time: 5 to 10 minutes
Makes: 2 sandwiches
Serving Size: 2



Ingredients

2 soft whole wheat dinner rolls
2 skinny pretzel sticks
4 slices of deli turkey
2 pieces of lettuce
2 slices of American cheese
Mustard (optional)

Supplies

Supplies
Knife
Toothpick
Serving plates

Directions

1. Open the whole wheat dinner rolls and spread mustard on buns, if desired.
2. Place 2 slices of turkey on each sandwich.
3. Then place a piece of lettuce on each sandwich and then a slice of cheese on top of the lettuce.
4. Close the sandwiches and carefully push through a pretzel stick in each one. A parent should make a hole with a toothpick first so that the pretzel does not break.
5. Once the pretzel sticks are secure serve and enjoy!

Note: Kids can spread the mustard and build the sandwich, but will need help with the finishing touches.



For more information about fun family recipes and keeping kids healthy and well, visit www.kidshealth.org