

Sandwich Ideas

Almond butter sandwiches

Almond butter with sliced strawberries (or strawberry jam)

Almond butter on one slice of bread and nutella on the other

Almond butter mixed with canned pumpkin puree

- Make sure it's pure pumpkin, not pumpkin pie filling.
- I use equal parts because my kids love pumpkin. If yours don't or you're not sure, use 1 tablespoon of pumpkin for every 2 tablespoons of almond butter.
- You can also add a sprinkle of cinnamon. And/or a drizzle of honey.

Almond butter with sliced bananas and raisins

- You can also drizzle with honey. Or for a special occasion, include some mini chocolate chips.

Almond butter sprinkled with shredded coconut

Almond butter mixed with shredded zucchini

- Grate the zucchini, squeeze out the extra moisture and mix 1 tablespoon packed shredded zucchini for every 2 tablespoons of almond butter.

Bean-based sandwiches

Mashed cannellini beans with tahini and veggies

- Use 1/2 can beans, 1/4 cup tahini and 3 tablespoons of either chopped fresh spinach or grated carrots (or a mix of both)
- Tahini is a sesame seed paste that has a nutty flavor and can usually be found near the peanut butter in the grocery store. (It's what is used to make hummus.)

Cannellini beans and goat cheese

- Mix equal parts mashed cannellini beans and soft goat cheese.
- This makes a thick spread, so I tend to use a bagel or roll that's more sturdy than sandwich bread, which can tear when you try to spread this.

- You can flavor this up with some salt and pepper, fresh herbs, a squeeze of lemon juice or a bit of pesto.
- You can also add in some chopped fresh spinach, carrots or bell peppers or some sliced cucumbers.

Black beans and spinach puree

- Puree black beans and fresh spinach in a food processor or with a hand or immersion blender (add a splash or two of water if you need some moisture to get it to mix but go slow - you don't want it too liquidy.)
- Spread black bean mixture on a tortilla or wrap (or English muffin) and roll up.
- You can also add shredded or string cheese, chicken or turkey, bell pepper strips or fresh tomato slices to the wrap.

Refried beans and salsa

- Mix 1 tablespoon of salsa for every 2 tablespoons of refried beans.
- Spread on a tortilla or wrap and roll up.
- You can also add some shredded or string cheese, chicken or turkey, bell pepper strips or zucchini strips to the wrap.

Hummus

- Spread your bread (preferably not sandwich bread - tortillas or wraps or English muffins or bagels or buns) with some hummus.
- You can use homemade or store bought hummus and any favorite flavor.
- You can add sliced veggies (peppers, cucumber, carrots, tomatoes), lettuce, chicken or turkey or cheese.

Avocado sandwiches

Avocado toast as a sandwich

- Toast both pieces of bread, spread with a thin layer of avocado and make into a sandwich.
- You can also add shredded cheese, tomato slices or hard-boiled egg slices.

Guacamole with pineapple in a wrap

Guacamole mixed with Greek yogurt or sour cream as a creamy spread in a wrap (you can add lettuce and tomato, chicken or turkey)

Note: Avocado can brown quickly once cut. So work fast or serve at home.

Classic sandwiches

Don't forget to change up the bread to make these different - such as a turkey-cheese wrap using string cheese and rolled up and sliced; or tuna or chicken salad in a hot dug bun as a "lobster roll" of sorts.

Ham/turkey/chicken and cheese

- Use mayo and/or mustard, or add pesto or hummus (plain or flavored) as a spread.
- Add lettuce, tomato or cucumber slices if your kid will go for it.

Roast beef

- Great with a horseradish mayonnaise, but regular mayo or mustard work too for the kids.

Egg salad

- Check out my egg salad BLT sandwich for a variation and to get a base recipe for egg salad (mine uses half mayonnaise and half Greek yogurt).

Chicken salad

- You can flavor this up, too, such as my basil chicken salad or pesto chicken salad.

Tuna salad

- My kids love tuna salad melts for dinner and have come around to a sandwich with tuna salad and cheese.
- You do have to beware of the "smell" factor with tuna sandwiches in the lunchroom. Maybe best served at home on the weekends. ;)

BLT

- Bacon, lettuce and tomato is a classic for a reason.
- You can add some cheese or Ranch to make it more appealing to kids.



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