



Use your imagination and experiment with a variety of healthy fillings in your sandwiches.

Limit your use of spreads such as butter and margarine or replace them with vegemite/marmite, avocado or hummus.

Wholemeal and wholegrain bread is preferable because of its high fibre content. You could vary the type of bread by trying:

- bread rolls
- flat bread
- foccacia
- pita bread
- bagels
- crispbread
- fruit loaf or buns

Try some of these healthy and delicious sandwich combinations:

With cheese

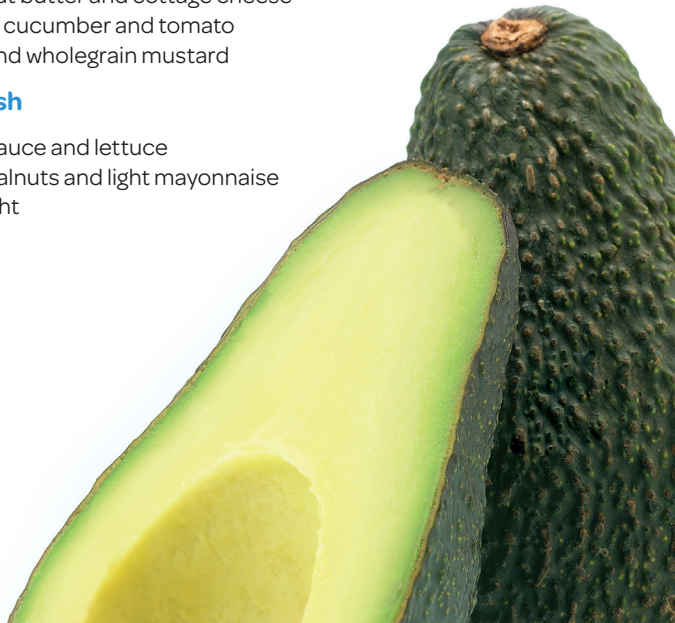
- Low-fat cream cheese, finely chopped celery and walnuts
- Basil pesto, cottage cheese and tomato
- Low-fat cream cheese, beetroot and lettuce

With salad/vegetables

- Grated carrot, raisins, light peanut butter and cottage cheese
- Light cream cheese, watercress, cucumber and tomato
- Hummus, apple slices, lettuce and wholegrain mustard

With lean meat, chicken or fish

- Thinly sliced beef, horseradish sauce and lettuce
- Shredded chicken with celery, walnuts and light mayonnaise
- Tuna, sliced gherkins, tomato, light mayonnaise and lettuce
- Sliced roast meat with pickles or chutney and avocado





Try out this recipe and prepare it the night before work. You can then reheat it at work the next day and have it for lunch.

Spicy vegetable cous cous¹

Ingredients

1 tablespoon pine nuts
1 onion, sliced
1 tablespoon sweet chilli sauce
1 teaspoon ground cumin
1 teaspoon fresh ginger or
½ teaspoon ground ginger
300g chickpeas, drained
(canned or freshly cooked
dried chickpeas)
1 red capsicum, chopped
½-1 bunch spinach, shredded
1 large zucchini, sliced
1 carrot, sliced
1 x 440g can peeled tomatoes
1 tablespoon tomato paste
½ cup wine (optional)
cracked pepper

Serve with

1½ cups cous cous

Method

1. Place pine nuts in frying pan and toast lightly for 1 minute.
2. Add onion, chilli sauce, cumin and ginger and stir over a high heat for 5 minutes or until onions are soft.
3. Add chickpeas, capsicum, spinach, zucchini, and carrot, and stir-fry for 4 minutes.
4. Add remaining ingredients and cook for another 4 minutes or until vegetables are soft.
5. Meanwhile, prepare cous cous. Place cous cous in a serving bowl, pour on boiling water, cover and set aside for 3 minutes. Use a fork to rake the cous cous to separate grains.
6. Top with vegetable mixture and serve.



¹Source: Nutrition Australia, www.nutritionaustralia.org