



POW SUB SAND

Nutrition Facts

Serving Size: SERVINGS

Serving per Container: 1

Amount Per Serving

Calories: 310

Calories from Fat 103

% Daily Value*

Total Fat 11.4g

18%

Saturated Fat 4.6g

23%

Trans Fat N/A

Cholesterol 34mg

11%

Sodium 730mg

30%

Total Carbohydrate 33.8g

11%

Dietary Fiber 4.7g

20%

Protein 18.9g

38%

Vitamin A 12%

Vitamin C 9%

Calcium 26%

Iron 14%

*Percent Daily Values are based on a 2,000 calorie diet.

NASCAR Submarine Sandwiches

(Makes 8 servings)

- 1 whole-wheat sandwich loaf (16 ounces)
- 3 large butter lettuce leaves
- 1 medium tomato
- 1/3 cup sliced red onion
- 1 cup sliced cucumber
- 6 large slices of dill pickles
- 2 Tablespoons light-mayonnaise
- 2 Tablespoons honey mustard
- 6 ounces sliced turkey
- 4 ounces sliced reduced-fat jack cheese

Directions to make marinade:

1. Rinse the lettuce in cold water, then tear off 3 – 4 large leaves.
2. Slice the tomato, onion, and cucumber super thin.
3. Spread the light-mayonnaise and honey mustard on the sandwich loaf.
4. Layer on the veggies, pickles, turkey, and cheese. Yum!