

Sandwich Salads

Makes: 2 Servings

Basic Recipe

- 3 Tbsp.** plain nonfat Greek-style yogurt
- 1 ½ Tbsp** Reduced-fat mayonnaise
- 1/4 cup** finely chopped celery
- 2 Tbsp.** finely minced onion
- Salt and pepper to taste

Main Ingredient Variations

- 1 cup** diced cooked chicken breast
or 1 can (7 1/2 oz.) water-packed tuna, drained
or 1 hard-cooked egg plus 6 hard-cooked egg whites, coarsely
chopped

Additional: Filling Variations (Use one or more as desired):

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|----------------|-----------------------------|-----------------|-----------------------------------|
| 1/2 cup | halved seedless grapes | 1/2 cup | shredded carrots |
| 1/4 cup | chopped pitted black olives | 1/2 cup | diced red bell pepper |
| 1/2 cup | peeled, diced cucumber | 2 Tbsp. | drained capers |
| 1/2 cup | drained, crushed pineapple | 1/2 cup | diced roasted red pepper |
| 1/4 cup | toasted slivered almonds | 2 slices | crisp cooked lean bacon, crumbled |
| 1 | small apple, shredded | | |

Spice Variations (Use one or two as desired):

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|-----------------|-------------------|----------------|---------------------|
| 1 tsp. | curry powder | 1 Tbsp. | minced fresh basil |
| 1/4 tsp. | sweet paprika | 1 Tbsp. | minced fresh chives |
| 2 tsp. | minced fresh dill | | |

Directions

- Mix together the yogurt, mayonnaise, celery, onion, salt, and pepper in a large bowl. Add your choice of protein, filling and or spices and mix well. If making tuna salad, add 2 tsp. lemon juice.
- Use salad to fill a sandwich made with whole wheat, rye, or pumpernickel bread (not included in nutritional analysis).

Serving Size: 1/2 cup

Calories 140

Fat 6g

Saturated Fat 1.3g

Carbohydrate 4g

Fiber 0g

Sugars 3g

Cholesterol 110 mg

Sodium 305 mg (without added salt)

Protein 16g

Protein

What Does Protein Do?

Protein is one of the three main building blocks of food, along with carbohydrate and fat. It plays many important roles in your body:

- **Protein builds.** Throughout life, you need protein to build cells, tissues, and muscles. During times of growth, such as infancy, childhood, and pregnancy, protein is especially important.
- **Protein repairs.** Protein helps your body heal cuts and wounds.
- **Protein protects.** Protein helps your immune system build antibodies that protect you from disease.

How Much Protein Do You Need?

Here are some general guidelines for the amount of protein that most healthy people need each day. If you have certain medical conditions, you may need more or less protein. Check with your doctor or dietitian to find out how much protein you need.

- Teenage boys (ages 14–18 years): 52 grams (g) protein per day
- Men (ages 19 years and older): 56 g protein per day
- Teenage girls and women (ages 14 years and older): 46 g protein per day
- Pregnant or nursing teenagers and women: 71 g protein per day

Does Eating Extra Protein Make You Stronger?

Eating extra protein does not directly increase the size or strength of your muscles. Exercise strengthens muscles. The amount of protein in a typical diet is usually enough to build cells and tissue.

Going Lean with Protein

Some foods with protein are high in saturated fat. Eating too much saturated fat can increase the risk of heart disease or stroke.

To avoid saturated fat, it is important to choose low-fat (lean) protein foods. These tips can help:

- Choose lean cuts of beef, such as loin, sirloin, round, and chuck.
- Choose ground beef labeled as at least 90% lean.
- Remove skin from poultry before eating.
- Trim fat from meats before cooking.
- Broil, grill, microwave, roast, poach, or boil meats instead of frying.
- Drain off the fat when browning ground meats.
- Avoid breading, which adds fats and calories.
- Cook dry beans, peas, and lentils without adding animal fats, like lard or ham hocks.
- Choose lean lunchmeats, such as turkey, ham, and roast beef. Avoid regular bologna or salami.