

Deli-Meat-Free Sandwich Ideas

Sandwiches can be part of a delicious and filling lunch! However, deli meats are a highly processed food and [Canada's Food Guide](#) recommends we limit how many highly processed foods we eat. Thankfully, there are many ways to build a mouthwatering sandwich without the deli meat.

Try any of these ideas on whole grain bread, pitas, buns, tortilla wraps, or naan:

- **Last Night's Leftovers:** Slice up roasted chicken, turkey, beef, or pork and top with fresh veggies. Try adding a tasty condiment like Dijon mustard or fruit chutney.
- **Egg, Tuna or Salmon Salad:** Mix up these favourites by using hard boiled eggs, canned tuna or canned salmon, mayonnaise, finely chopped celery and peppers. Top with fresh lettuce.
- **Chicken Salad:** Try a new twist with diced roasted chicken, mayonnaise, curry powder, and cut up red grapes.
- **Hummus or Bean Dip:** Spread the hummus or bean dip and top with sliced cucumbers, shredded carrot and lettuce.
- **Cheddar, Mozzarella, Marble or Swiss Cheese:** Thinly slice or grate the cheese and top with jam, veggies or thinly sliced pear.
- **Dry Cottage Cheese:** blended or smashed, fresh herbs or spices, cucumber and tomato slices or any other veggies.
- **Fresh Vegetables:** Load up with lettuce, spinach, peppers and tomatoes. Top with light cream cheese or mayonnaise.
- **Meatloaf:** Slice it cold and top with fresh vegetables and mustard or ketchup.



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Here are some delicious ideas that work better in a wrap:

- Diced roasted chicken, red onion, spinach, mango chutney and mayonnaise.
- Scrambled eggs, onions, peppers, grated cheddar cheese and salsa.
- Refried beans, salsa and lettuce.
- Soy butter with a whole banana.

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