



# SANDWICH SKEWERS

- Serves: 4 (2 skewers per serving)



## Ingredients:

- 8 slices lean, low-sodium deli meat, cut into 1" strips
- 2 oz low-fat deli cheese slices, cut into 1" strips (or ½" cheese cubes)
- 4 lettuce leaves, ripped into bite sized pieces
- 1 small dill pickle, sliced into ½" thick chunks
- 8 cherry tomatoes
- 8 chunks of bell peppers, any color
- 8 bamboo skewers

## Directions

Fold the strips of meat and cheese back and forth on top of each other so that they resemble a bow. Use the sharp end of a skewer to pierce the center of each meat and cheese stack, making sure each skewer has the equivalent of 1 full slice each of meat and cheese. Push the sharp end through the ripped lettuce leaves, dill pickle cubes, tomatoes and bell peppers in any design you like. Repeat with the remaining skewers and serve with fresh fruit.