



EatingWell Delicious Sandwiches & Wraps

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Bistro Flank Steak Sandwich

Makes: 4 sandwiches

Active time: 45 minutes **Total:** 45 minutes

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Make this bistro-style sandwich, sauce and all, completely on the grill. If you're in a hurry, just grill the steak and garlic and substitute jarred roasted red peppers for the grilled bell peppers.

- 6 cloves garlic, unpeeled
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ pound flank steak, trimmed
- $\frac{1}{2}$ teaspoon salt, divided
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 medium red bell pepper
- 1 medium yellow bell pepper
- 4 large slices whole-wheat country bread, cut in half, or 8 small slices
- 2 tablespoons reduced-fat mayonnaise
- 1 cup mixed salad greens

1. Preheat grill to medium-high.
 2. Place garlic in the center of a piece of foil and drizzle with oil. Gather the foil together at the top to form a sealed packet. Sprinkle both sides of steak with $\frac{1}{4}$ teaspoon salt and pepper.
 3. Place the garlic packet over indirect heat or the coolest part of the grill. Place the steak and bell peppers over direct heat or the hottest part of the grill. Cook the garlic until soft and golden brown, 8 to 10 minutes. Cook the peppers, turning occasionally, until the skin is blistered on all sides, about 10 minutes total. Cook the steak, turning once, until desired doneness, about 6 minutes per side for medium. Transfer the garlic packet, peppers and steak to a clean platter. Tent the steak with foil to keep warm.
 4. Grill bread, turning once, until toasted, about 1 minute per side.
 5. When the peppers are cool enough to handle, peel and discard the stems, seeds and ribs. Slice into wide strips and toss with the remaining $\frac{1}{4}$ teaspoon salt in a small bowl. Peel the garlic and place it and the oil from the packet in another small bowl. Add mayonnaise and mash with a fork until combined. Slice the steak very thinly.
 6. To assemble sandwiches, spread 1 scant teaspoon of the roasted garlic aioli on each piece of bread. Divide greens, the sliced steak and grilled peppers among 4 slices of bread; top with the remaining bread.
- Per sandwich:** 287 calories; 10 g fat (3 g sat, 5 g mono); 33 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 21 g protein; 2 g fiber; 596 mg sodium; 393 mg potassium.
- Nutrition bonus:** Vitamin C (160% daily value), Vitamin A (25% dv), Zinc (22% dv).
- Carbohydrate servings:** 2
- Exchanges:** $1\frac{1}{2}$ starch, 1 vegetable, 2 lean meat





Crispy Fish Sandwich with Pineapple Slaw

Makes: 4 servings

Active time: 25 minutes **Total:** 25 minutes

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A fish sandwich doesn't have to be deep-fried to be delicious. Try our healthy crispy fish sandwich recipe with a tangy, zesty pineapple slaw. It's worth taking the extra minute to chop pineapple slices instead of using crushed pineapple, which is too small and disappears into the slaw. Store-bought shredded cabbage-carrot mix saves time. Look for it in the produce section.

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons rice vinegar
- $\frac{1}{8}$ – $\frac{1}{4}$ teaspoon crushed red pepper
- 1 8-ounce can pineapple chunks or rings, drained and coarsely chopped
- 2 cups coleslaw mix
- $\frac{1}{4}$ cup cornmeal
- $1\frac{1}{4}$ pounds haddock or cod (*see Tip*), skinned and cut into 4 portions
- $\frac{1}{2}$ teaspoon Cajun seasoning
- $\frac{1}{4}$ teaspoon salt
- 4 teaspoons canola oil, divided
- 8 slices whole-wheat country bread, toasted

1. Whisk mayonnaise, yogurt, vinegar and crushed red pepper to taste in a medium bowl. Add pineapple and coleslaw mix and stir to combine.

2. Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in the cornmeal.

3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the fish and cook until golden, about 2 minutes per side. Transfer to a plate and repeat with the remaining 2 teaspoons oil and fish, adjusting heat as needed to prevent burning.

4. Top toasted bread with the fish and pineapple slaw to make sandwiches. Serve immediately.

Per serving: 372 calories; 9 g fat (1 g sat, 4 g mono); 69 mg cholesterol; 42 g carbohydrate; 3 g added sugars; 31 g protein; 7 g fiber; 658 mg sodium; 654 mg potassium.

Nutrition bonus: Vitamin C (44% daily value), Magnesium (23% dv), Potassium (19% dv), Folate (17% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, $\frac{1}{2}$ fruit, 1 vegetable, $4\frac{1}{2}$ lean meat

Tip: For sustainable haddock, ask for U.S. Atlantic “hook-and-line-caught.” For cod, look for wild-caught U.S. Pacific cod or Atlantic cod from Iceland or the east Arctic. For more good choices visit seafoodwatch.org.

Grilled Thai Chicken Sandwich

Makes: 5 servings

Active time: 45 minutes **Total:** 45 minutes

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Juicy grilled chicken, onions and peppers combine with a Thai-inspired sauce in this chicken sandwich recipe. We love how the flatbreads made from whole-wheat dough sop up the extra sauce. If you have one large (12-ounce) chicken breast instead of two smaller (6-ounce) ones, cut it in half horizontally before grilling so the chicken cooks in the time specified in this recipe.

- ½ cup “lite” coconut milk**
- ¼ cup smooth natural peanut butter**
- 2 tablespoons lime juice**
- 2 tablespoons chile-garlic sauce, divided**
- 1 tablespoon reduced-sodium soy sauce**
- 1 pound prepared pizza dough, preferably whole-wheat**
- 1 tablespoon canola oil, divided**
- 2 6-ounce boneless, skinless chicken breasts**
- 1 large red bell pepper, quartered**
- 1 large onion, sliced into ½-inch-thick rounds**
- 2 tablespoons chopped fresh cilantro**

1. Preheat grill to medium-high.
2. Whisk coconut milk, peanut butter, lime juice, 1 tablespoon chile-garlic sauce and soy sauce in a bowl until well combined.
3. Working on a lightly floured surface, divide dough into 5 equal pieces. Roll each piece into a 6-inch disk with a rolling pin or press into a disk with your hands. Using 1½ teaspoons oil, brush one side of each disk.
4. Oil the grill rack (see *Tip*); place the dough, oiled-side down, on the grill and cook until light brown and puffed, 1 to 2 minutes. Brush the dough with the remaining 1½ teaspoons oil, flip and grill until cooked through, but still a little soft, 1 to 2 minutes more. Wrap in foil to keep warm.
5. Brush chicken with the remaining 1 tablespoon chile-garlic sauce. Place the chicken, bell pepper and onion on the grill. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 14 minutes. Grill the pepper and onion, turning once, until lightly charred and cooked through, 8 to 10 minutes.
6. Slice the pepper and onion. Toss with ½ cup of the reserved dressing in a medium bowl. When the chicken is cool enough to handle, slice or shred into bite-size pieces. Top flatbreads with equal portions of the vegetables and chicken; drizzle with the remaining dressing and sprinkle with cilantro. Fold to eat.

Per serving: 410 calories; 17 g fat (3 g sat, 5 g mono); 38 mg cholesterol; 44 g carbohydrate; 1 g added sugars; 25 g protein; 4 g fiber; 447 mg sodium; 358 mg potassium.

Nutrition bonus: Vitamin C (80% daily value), Vitamin A (22% dv).

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When grilling delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.





Grilled Tuna Sandwich with Lemon-Chili Mayo

Makes: 4 servings

Active time: 35 minutes **Total:** 35 minutes

To make ahead: Wrap and refrigerate the sandwiches for up to 4 hours.

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Sturdy “country-style” bread works best for this healthy tuna sandwich recipe with watercress and chili-mayo. Eat the tuna sandwich warm, straight off the grill, or wrap it up and pack it in a cooler for a picnic dinner.

8 slices whole-wheat or sourdough bread

3 tablespoons canola oil

2 8-ounce tuna fillets, about 1 inch thick

½ teaspoon plus 1 tablespoon chili powder, divided

¼ teaspoon salt

½ cup low-fat mayonnaise

1 teaspoon freshly grated lemon zest

1 tablespoon lemon juice

3 cups watercress or baby arugula, tough stems removed

1. Preheat grill to medium-high.

2. Lightly brush bread slices with oil. Brush tuna with the remaining oil and sprinkle with ½ teaspoon chili powder and salt.

3. Grill the tuna, turning once, until cooked through, 4 to 6 minutes per side. Transfer to a clean cutting board. Grill the bread, turning once, until beginning to brown, about 1 minute per side.

4. Combine mayonnaise, lemon zest, lemon juice and the remaining 1 tablespoon chili powder in a small bowl. Thinly slice the tuna with the grain.

5. To assemble the sandwiches, spread about 2 tablespoons of the lemon-chili mayonnaise over 4 slices of bread. Top with about ¾ cup watercress (or arugula), the tuna and the remaining slices of bread.

Per serving: 442 calories; 19 g fat (2 g sat, 9 g mono); 52 mg cholesterol; 32 g carbohydrate; 4 g added sugars; 36 g protein; 5 g fiber; 753 mg sodium; 781 mg potassium.

Nutrition bonus: Vitamin A (33% daily value), Magnesium (24% dv), Potassium (23% dv), Vitamin C (22% dv), Iron (16% dv).

Hot Chile Grilled Cheese

Makes: 4 servings

Active time: 30 minutes **Total:** 30 minutes

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This deconstructed version of a chile relleno turned sandwich packs some heat and an ooey-gooney filling. We like the flavor of sourdough, but any kind of bread will work well.

- 4 poblano peppers (see Tip)**
- 1 14-ounce can pinto beans, preferably low-sodium, rinsed**
- 3 tablespoons prepared salsa**
- ⅛ teaspoon salt**
- ½ cup shredded Monterey Jack or Cheddar cheese**
- 2 tablespoons low-fat plain yogurt**
- 3 scallions, sliced**
- 2 tablespoons chopped fresh cilantro**
- 8 slices sourdough bread**

1. Place peppers in a microwave-safe bowl, cover with plastic wrap and microwave on High until soft, 3 to 4 minutes. Let stand, covered, until cool enough to handle.
2. Meanwhile, combine beans, salsa and salt in a medium bowl. Mash the beans with a fork until they begin to form a paste (some can remain whole). Combine cheese, yogurt, scallions and cilantro in a small bowl.
3. When the peppers are cool enough to handle, slice each one in half lengthwise and remove the stem and seeds.
4. Heat a panini maker to high. (No panini maker? See Stovetop Variation, below.)
5. Spread ⅓ cup of the bean mixture on each of 4 slices of bread. Top with a heaping table-

spoon of the cheese mixture. Place 2 pepper halves over the cheese. Cover with the remaining slices of bread.

6. Grill the sandwiches in the panini maker until golden brown, about 4 minutes. Cut in half and serve immediately.

Per serving: 415 calories; 6 g fat (3 g sat, 1 g mono); 13 mg cholesterol; 70 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 761 mg sodium; 307 mg potassium.

Nutrition bonus: Vitamin C (163% daily value), Folate (39% dv), Iron (20% dv).

Carbohydrate servings: 4

Exchanges: 3½ starch, 1 vegetable, 1 medium-fat meat

Tip: Dark green poblano peppers, smaller than a bell pepper but larger than a jalapeño, can be fiery or relatively mild; there's no way to tell until you taste them. Find them near other fresh peppers at most large supermarkets.

Stovetop Variation: Place four 15-ounce cans and a medium skillet (not nonstick) by the stove. Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place the medium skillet on top of the sandwiches, then weight it down with the cans. Cook the sandwiches until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the sandwiches, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining 2 sandwiches.





Mediterranean Wrap

Makes: 4 servings

Active time: 40 minutes **Total:** 40 minutes

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This wrap is stuffed with chicken tenders and couscous with a hit of lemon and a healthy dose of fresh herbs. Save any leftovers to wrap up for an easy lunch.

- ½ cup water**
- ⅓ cup couscous, preferably whole-wheat**
- 1 cup chopped fresh parsley**
- ½ cup chopped fresh mint**
- ¼ cup lemon juice**
- 3 tablespoons extra-virgin olive oil**
- 2 teaspoons minced garlic**
- ¼ teaspoon salt, divided**
- ¼ teaspoon freshly ground pepper**
- 1 pound chicken tenders**
- 1 medium tomato, chopped**
- 1 cup chopped cucumber**
- 4 10-inch spinach or sun-dried tomato wraps or tortillas**

1. Bring water to a boil in a small saucepan. Stir in couscous and remove from the heat. Cover and let stand for 5 minutes. Fluff with a fork. Set aside.

2. Meanwhile, combine parsley, mint, lemon juice, oil, garlic, ⅓ teaspoon salt and pepper in a small bowl.

3. Toss chicken tenders in a medium bowl with 1 tablespoon of the parsley mixture and the remaining ⅓ teaspoon salt. Place the tenders in a large nonstick skillet and cook over medium heat until cooked though, 3 to 5 minutes per side. Transfer to a clean cutting board. Cut into bite-size pieces when cool enough to handle.

4. Stir the remaining parsley mixture into the couscous along with tomato and cucumber.

5. To assemble wraps, spread about ¾ cup of the couscous mixture onto each wrap. Divide the chicken among the wraps. Roll the wraps up like a burrito, tucking in the sides to hold the ingredients in. Serve cut in half.

Per serving: 517 calories; 19 g fat (4 g sat, 12 g mono); 63 mg cholesterol; 54 g carbohydrate; 0 g added sugars; 32 g protein; 5 g fiber; 660 mg sodium; 568 mg potassium.

Nutrition bonus: Vitamin C (55% daily value), Folate & Vitamin A (41% dv), Calcium & Iron (16% dv), Magnesium (15% dv).

Peanut Tofu Wrap

Makes 1 serving.

Active time: 10 minutes **Total:** 10 minutes

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Baked tofu tossed with store-bought Thai peanut sauce makes a quick and healthy sandwich filling. Finish the sandwich with your favorite crunchy vegetables for added nutrients and fiber.

- 1 tablespoon store-bought Thai peanut sauce
- 1 8-inch whole-wheat flour tortilla
- 2 ounces thinly sliced seasoned baked tofu
- ¼ cup sliced red bell pepper
- 8 thinly sliced snow peas

Spread peanut sauce on the tortilla. Place tofu, peppers and snow peas in the center; fold the sides over the filling and roll up.

Per serving: 310 calories; 12 g fat (2 g sat, 0 g mono); 0 mg cholesterol; 30 g carbohydrate; 0 g added sugars; 19 g protein; 5 g fiber; 693 mg sodium; 154 potassium.

Nutrition bonus: Vitamin C (90% daily value), Vitamin A (50% dv), Iron (20% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 vegetable, 2 medium fat meat





Salmon Salad Sandwich

Makes: 4 sandwiches

Active time: 15 minutes **Total:** 15 minutes

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Salmon salad served on tangy pumpernickel bread makes for an easy dinner—a double batch will give you lunch the next day.

- 2 6- to 7-ounce cans boneless, skinless wild Alaskan salmon, drained
- ¼ cup minced red onion
- 2 tablespoons lemon juice
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- 4 tablespoons reduced-fat cream cheese (Neufchâtel)
- 8 slices pumpernickel bread, toasted
- 8 slices tomato
- 2 large leaves romaine lettuce, cut in half

Combine salmon, onion, lemon juice, oil and pepper in a medium bowl. Spread 1 tablespoon cream cheese on each of 4 slices of bread. Spread ½ cup salmon salad over the cream cheese. Top with 2 tomato slices, a piece of lettuce and another slice of bread.

Per serving: 286 calories; 9 g fat (3 g sat, 4 g mono); 34 mg cholesterol; 29 g carbohydrate; 0 g added sugars; 22 g protein; 4 g fiber; 645 mg sodium; 262 mg potassium.

Nutrition bonus: Folate (22% daily value), Iron & Vitamin C (17% dv), omega-3s.

Carbohydrate servings: 2

Exchanges: 2 starch, ½ vegetable, 2 lean meat, 1 fat

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)