

Lunch

# Turkey & Apple Butter Sandwich

**10 Mins**  
Prep Time

**0 Mins**  
Cook Time

**4**  
Servings

 **428** Calories   **17g** Fat   **46g** Carbs   **22g** Protein



## Ingredients

 **4 Servings**    **10 Mins Total Time**    **Allergens: Dairy, Gluten**

8 Slices of Bread

1/3 Cup Apple Butter

1/4 Cup Light Mayonnaise

1/2 lb Deli-Sliced, All-Natural Turkey Breast 

4 (1 oz) Slices Havarti Cheese 

1 Large Apple (peeled, cored, and thinly sliced) 

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Use a mayo-substitute, such as vegan mayonnaise, use a non-dairy cheese alternative

**Gluten** Use gluten-free bread

### Nourishment Note



#### **Lean Turkey Breast**

Lean turkey breast is an excellent source of protein.



#### **Havarti Cheese**

Havarti cheese provides calcium, an important mineral for those with Crohn's disease and ulcerative colitis.



#### **Apples**

Peeled apples provide healthy, easy to digest soluble fiber important for gut health.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Mix Apple Butter and Mayo

Place bread on a work surface or cutting board. In a small bowl, combine apple butter and light mayonnaise. Spread evenly on bread slices.

### 3. Make Sandwich

Top 4 bread slices with 2 oz. turkey, 1 cheese slice, and apple slices. Season with salt and pepper, and top with another slice of bread.

### 4. Serve & Enjoy

Cut each sandwich in half, serve and enjoy!

### 5. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy  
Registered Dietitians

## What You'll Need



Cutting Board



Kitchen Knife



Measuring Cup



Small Bowl



Butter Knife

### Remission Remix

- Omit peeling the apple
- Choose a whole grain bread
- Add a leafy green to your sandwich, like arugula or spinach