



Turkey Caesar Sandwich

Recipe Source: www.marthastewart.com

Servings: 1

Ingredients:

- 1 Tbsp grated Parmesan cheese
- 2 Tbsp light mayonnaise
- 2 tsp freshly squeezed lemon juice
- 1 dash (about 5 drops) Worcestershire sauce
- Salt and ground black pepper
- 2 slices whole wheat or whole grain bread
- 2 or 3 leaves romaine lettuce
- 3 oz thinly sliced smoked turkey

Steps:

- In a small bowl, combine Parmesan, mayonnaise, lemon juice, and Worcestershire. Season with salt and pepper.
- Spread dressing on both bread slices.
- Break lettuce into large pieces and layer half on 1 slice of bread. Top with turkey, remaining lettuce, and bread.

Tips from the Test Kitchen: Adding a couple sprinkles of garlic powder and a dash of cayenne pepper gave this dressing a kick and boosted the flavor. Instead of a sandwich, try putting the dressing on a wrap with spinach, tomato, and pulled chicken or turkey. The original recipe is for one sandwich, but the dressing is enough for two.

Nutritional Facts: Calories: 388, Carbohydrates: 29 grams, Protein: 34 grams, Total Fat: 15 grams, Saturated Fat: 4 grams, Cholesterol: 74 mg, Sodium: 1416 mg, Fiber: 5 grams, Total Sugars: 6 grams.