

Deli-Meat Free Sandwiches

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

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

- **Last night's leftovers:** Slice up roasted chicken, beef, wild meat* or pork and top with fresh veggies. Try adding a tasty condiment like Dijon mustard or fruit chutney.
- **Egg, tuna, or salmon salad:** Create these favourites by using hard boiled eggs, canned tuna, or canned salmon, mayonnaise, finely chopped celery, and peppers. Top with 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:** Mix cinnamon, fruit or tomatoes and sliced peppers with the cheese
- **Fresh vegetables:** load up with lettuce, spinach, peppers, and tomatoes. Top with light cream cheese or mayonnaise.
- **Meatloaf or meatballs made from ground beef, pork, or wild meat*:** Slice cold and top with fresh vegetables and mustard or ketchup.

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

- Diced roasted chicken, red onion, spinach, mango chutney, and mayonnaise
- Scramble eggs, onions, peppers, grated cheddar cheese, and salsa
- Refried beans, ground beef or wild meat*, salsa and lettuce.
- Soy or peanut butter with a whole banana
- Sliced steak with fried onions or mushrooms, mozzarella, peppers, and horseradish

*If planning to serve wild meat in your programming, check with your local public health inspector for instructions as safety measures are required.