

Fresh for Kids®

# Pumpkin, cheese & lettuce sandwich



## Pumpkin, cheese & lettuce sandwich

Preparation: 5 minutes

Serves: 1

This is a fabulous sandwich to make the day after you have a roast dinner. Roast extra pumpkin so you can add it to sandwiches.

2 slices wholemeal bread  
Butter or margarine, for spreading  
1 slice reduced fat tasty cheese  
1 large piece roasted peeled butternut pumpkin, sliced  
1-2 small Iceberg lettuce leaves  
Salt and ground black pepper

1. Place bread onto a board. Lightly spread with butter or margarine. Top one slice with cheese, pumpkin and lettuce leaves. Season with salt and pepper to taste. Cut in half, wrap and pack.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au).

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