

Fresh for Kids®

# Salad & turkey roll



## Salad & turkey roll

Preparation: 10 minutes

Serves: 1

Place the sliced tomato and cucumber between the lettuce and turkey to prevent the roll from becoming soggy.

1 wholemeal or hi-fibre bread roll  
Butter or margarine, for spreading  
50g thinly sliced roast turkey breast  
2-3 slices ripe tomato  
6 thin slices Lebanese cucumber  
1-2 butter lettuce leaves

1. Cut the roll in half horizontally and place roll base on a board. Lightly spread with butter or margarine
2. Top with turkey and season with salt and pepper. Top with tomato, cucumber and then lettuce. Spread remaining roll with butter or margarine and use to top filling. Wrap and pack. Serve with an apple or banana for a healthy lunch.

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



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