



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Turkey and Plum Sandwiches

Servings

4 servings

Ingredients

- 1/3 cup light mayo
- 2 plums (pitted and thinly sliced)
- 10 oz deli turkey (sliced)
- 4 slices Colby-jack cheese
- 1 ¼ cups watercress
- 4 slices of whole wheat bread



Directions

1. Spread mayo evenly on 4 slices of bread
2. Top with slices of plum, turkey, cheese, and watercress
3. Place remaining bread slice on top
4. Cut in half and serve or transfer to sandwich bags

Nutrient content per serving

- Calories- 565cals
- Carbs- 33g
- Protein- 73g
- Fat- 15g
- Sodium- 236mg
- Fiber- 4g

Note: Nutrient content may differ based on bread type chosen.

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