

Apple Cheddar Bagel Sandwich



A mere three ingredients – what could be simpler? For breakfast, lunch or snack, this is a pleasant combination of sweet and savory.

Ingredients:

- 1 Low Carb Bagel split and toasted
- 1 oz. slice low fat cheddar cheese
- ½ Granny Smith apple, thinly sliced

Instructions:

- Preheat the broiler.
- Toast bagel 1-2 minutes under broiler.
- Take bagel out from broiler and add slice of cheddar cheese. Brown lightly under broiler for 1-2 minutes.

CBLT Sandwich



We updated everyone's lunch-time favorite with ultra-lean Canadian bacon and our “no-hunger” five-hour promise.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 3 slices Canadian bacon
- 1 teaspoon olive oil
- 2 slices [Low Carb Bread](#) (See Below)
- 1 tablespoon light mayonnaise
- 1½ teaspoons 0% fat Greek yogurt
- salt & pepper - to taste
- 2 slices tomato
- 4 leaves lettuce
- 3 spears dill pickle

DIRECTIONS:

1. Crisp the Canadian bacon up in a pan with olive oil.
2. Meanwhile, toast the Zone bread.

- Whisk the mayo and yogurt together and add salt and pepper if desired. Spread each side of the Zone bread with mayo mixture. Layer the remaining items on the bottom bread. Put the top on and enjoy with pickle spears on the side.

California Dreamin' Sandwich



Garden fresh flavors combine with our Zone Multigrain Roll for a great-tasting, on-the-go lunch chock full of California greatness with our "no-hunger" promise.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 1 [Low Carb Pita](#)
- 2 slices low-fat cheddar cheese
- 2 teaspoons light mayonnaise
- 2 slices tomato
- $\frac{1}{8}$ cup alfalfa sprouts
- 2 rings green bell pepper (sliced thin)
- 2 rings red bell pepper (sliced thin)
- $\frac{1}{4}$ slice cucumber
- 2 leaves lettuce
- 3 spears dill pickle

DIRECTIONS:

1. Toast the Sandwich Thin and put cheese on each side, right out of the toaster (or slip under the broiler for a few minutes if you like it gooey). Spread low-fat mayonnaise on one slice of toast, add tomato slices, sprouts, green pepper slices, red pepper slices, cucumber slices, and lettuce. Top with other half of the Zone Roll. Enjoy pickles with your sandwich.

Chicken Cheddar Melt



This quick-and-easy combo tastes great on our hearty Zone Multigrain Roll and comes with our Zone five-hour, “no-hunger” guarantee at home or office.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 1 Sandwich Thin (or other Low Carb Bread)
- 1 slice tomato - sliced thin
- 1 slice red onion - sliced thin
- ½ cup Perdue Short Cuts - honey roasted
- 1 slice low-fat cheddar cheese - Sargento
- 2 leaves lettuce
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon Dijon mustard

DIRECTIONS:

1. Sandwich Thin (or other Low Carb Bread).
2. Layer the bottom of the roll with sliced tomato, onion, chicken and cheese.
3. Microwave or broil until cheese is melted, add lettuce and spread top of roll with extra-virgin olive oil and Dijon mustard.

Creamy Chicken Flatbread Sandwich



A “southwestern” lunch specialty with a touch of North and South that’s not too spicy and is sure to please. ¡Olé! Sears.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 1 tablespoon honey Dijon dressing
- 1 tablespoon plain low-fat yogurt
- 2 tablespoons salsa
- 1/3 cup Perdue Short Cuts - or cubed, cooked chicken breast
- 1 Sandwich Thin (or other Low Carb Flat Bread)
- 1 lettuce leaf
- 1 slice low-fat Swiss cheese - Sargento

DIRECTIONS:

- In a small bowl combine dressing, yogurt and salsa. Mix well. Stir in chicken and mix gently.

Ham Sandwich with Mustard Caper Butter



Compound Butter is a fancy culinary term for butter with other tasty ingredients mixed in. The mustard caper butter in this recipe transforms a mundane ham sandwich into a flavor-packed alternative. Mixing the mustard into the butter also prevents the bread from becoming soggy if the sandwich is made ahead of time. To have this butter on hand for later, double or quadruple the recipe, place on a sheet of plastic wrap and roll up, twisting the ends like a sausage. Chill and your compound butter is ready to slice.

Ingredients:

- 1 teaspoon softened butter
- ½ teaspoon Dijon mustard
- ½ teaspoon chopped capers
- 1 pinch of salt
- 2 slices deli ham
- 2 slices Zone Bread, toasted if preferred

Instructions:

- In a small bowl, mix the butter, mustard and capers with a fork. Add a pinch of salt.
- Use immediately to spread on the 2 slices of bread.
- Add ham to complete the sandwich.
- Serve with apple slices.

Shredded BBQ Pork Sandwich



Tired of the same old turkey or ham sandwich? Try shredded pork in a Zone Foods' Sandwich Roll to give your lunch a new zip.

Total preparation time: 5 min

Ingredients:

- 1 Sandwich Thin (or other Low Carb Bread)
- 1 tbsp cheddar - shredded
- 1 slice onion - finely chopped
- 1/2 cup BBQ Pork in Original Sauce - LLOYD'S® is what we use
- 1 tbsp jalapeno peppers canned

Directions:

Toast the roll. Evenly spread the cheese, onion slice then the shredded pork on the bottom half of the bun. Top with peppers and remaining half of bun.

Smoked Salmon Bagel Sandwich



Bagels and lox are a deli classic. The addition of capers in this recipe updates the standard fare with a savory tang.

Ingredients:

- 1 Zone Bagel, split and toasted
- 2 teaspoons light cream cheese
- 1 teaspoon chopped capers
- 1 ounce smoked salmon or lox
- Fresh ground black pepper (optional)

Instructions:

- Spread cream cheese on the bottom half of the bagel and add capers.
- Top with smoked salmon.
- Add salt and pepper to taste.
- Top with other half of bagel and enjoy!

Presto Pesto



Our hearty Zone Multi-Grain Roll and pesto help create a quick-and-easy lunch with Italian gusto.

Yield: 1 serving

Total time: 5 minutes

INGREDIENTS:

- 1 Sandwich Thin (or other Low Carb Bread)
- 1 tablespoon pesto, store bought
- 2 tablespoons roasted red pepper
- 1 slice turkey breast
- 2 slices tomato
- 1 slice low-fat part-skim sliced mozzarella
- 1 slice red onion
- 2 tablespoons mushrooms, sliced
- 4 spears dill pickle

DIRECTIONS:

1. Toast the Zone Multigrain Roll. Place mozzarella on one half the warm roll. Spread pesto and place the roasted red pepper on the other half of the roll. Assemble the sandwich with remaining ingredients and serve with dill spears on the side.

Tomato and Cheese Italiano



Here's a simple recipe for a crunchy, open-faced, Italian-style tomato sandwich with abundant flavors, including olive oil, tomatoes, provolone cheese, and basil.

Yield: 1 serving

Total time: 10 minutes

INGREDIENTS:

- 2 slices Sandwich Thins (or other Low Carb Bread)
- 2 slices Provolone cheese (reduced/low-fat)
- 1 teaspoon dried basil
- 3 slices tomato
- 1 slice onion
- 1 cup Giardiniera Salad (Pastene)
- 3 spears dill pickle

DIRECTIONS:

1. Preheat toaster oven to 400 degrees.
2. Place 1 slice of cheese on each slice of bread and sprinkle with basil. Toast in toaster oven (or oven) until cheese starts to melt, about 2 minutes. Add tomato and onion and toast another 2-3 minutes. Serve the Giardiniera Salad and pickles on the side.

Turkey & Tomato Flatbread Sandwich



Comfort foods are again in the Zone, thanks to our ZoneFast Food Program. This week's recipe is great to take to work for a delicious lunch that is in the Zone. The hummus adds some zip to this traditional sandwich, which is back on the menu thanks to Zone Foods.

Total preparation time: 5 min

Ingredients:

- 1 Sandwich Thin (or other Low Carb Flat Bread)
- 1 1/2 tbsps Hummus spread
- 2 slices Turkey breast - Louis Rich
- 1 slice Low fat swiss - Sargento
- 1 slice Red onion
- 2 slices Tomatoes
- 2 leaves Lettuce

Directions:

1. Toast the flatbread to your liking, cut in half.
 2. Spread hummus over the flatbread. Layer the remaining ingredients and top with other half.
- Enjoy!

Turkey Reuben



Zoners are able to take a sandwich to work again, thanks to Zone Foods. The addition of dressing and coleslaw makes this turkey sandwich especially tasty.

Yield: 1 serving

Total time: 5 minutes

Ingredients:

- 1 roll Sandwich Thin (or other Low Carb Bread)
- 2 tbsp low-fat Russian dressing
- 1 tbsp low-fat coleslaw
- 2 slices turkey breast, Louis Rich
- 1 slice low-fat Swiss cheese

Directions:

- Toast the roll.
- Spread the Russian dressing on top roll. Layer the following on the bottom roll: coleslaw, turkey, and Swiss. Put the top on and enjoy.

Vegetable Chili Served with Orzo



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Whether they like to curl up with a bowl by the fire or take it along to a summer barbecue, no one turns down a bowl of chili. Our Vegetable Chili with Orzo proves that you don't need meat to make a delicious and hearty meal. With fresh flavors and savory aromas (not to mention a full belly), this chili is sure to please year-round.

Ingredients:

- 1 package Zone Orzo
- 1 cup chicken broth
- ½ tablespoon olive oil
- ¼ medium onion, chopped
- 1 clove garlic, sliced
- 1 tablespoon green pepper, chopped
- ½ cup diced tomatoes, canned
- 1 tablespoon chili seasoning (from a package)
- 1/8 cup red kidney beans, rinsed
- Salt and pepper

Instructions:

- Cook orzo as directed, replacing water with chicken broth.
- While orzo is cooking, in a medium saucepan heat olive oil and sauté onion for 2 minutes.
- Add garlic and green pepper and sauté another minute.
- Add remaining ingredients through beans. Let simmer for 5 minutes.
- Salt and pepper to taste.
- Serve chili over hot orzo.

- **Zesty Shrimp Gazpacho**



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- Gazpacho is like liquid salad – light and refreshing. It can be made a day ahead and chilled, which allows the flavors to meld. For an unusual party hors d'oeuvre, pour into shot glasses, top with croutons, and you have Gazpacho Shooters!

- Ingredients:

- 1 cup V-8 or tomato juice
- ¼ cup water
- 1 teaspoon Sherry wine vinegar (or red wine vinegar)
- ¼ cup diced cucumber
- 1 tomato, seeded and diced
- 2 tablespoons avocado, diced
- 1 ounce shrimp, cooked
- 1 package Low Carb Croutons (toasted low carb pita's)
- Salt and Pepper

- Instructions:

- Mix all the ingredients except for the croutons.
- Salt and pepper to taste.
- Place in a wide glass.
- Top with croutons and serve.

