



“Sandwich in” a September Picnic!

Article written by Jamie Goffena (jgoffena2@unl.edu)
Nebraska Extension Educator in the Northern Panhandle.

September is a great time for bike riding and impromptu picnics with your kids.

Sandwiches are easy to make. Most kids are happy to eat the sandwich they made themselves. Fresh vegetables from the garden or farmer's market were used to create this “open face” sandwich (pun intended) in the photo.

Silly Sandwiches

Serves 2



A healthy snack from 3 food groups: vegetables, grains and dairy.

Ingredients:

- 1 whole wheat English muffin or thin-sliced bread
- 2 teaspoons ranch style dressing (or sprinkle on herbs)
- ¼ cup shredded low-fat cheddar cheese (or Greek yogurt cream cheese)
- ½ cup grated or chopped vegetables such as red, yellow or green pepper, peas, beans, broccoli, celery, carrots, olives, tomatoes, summer squash

Directions:

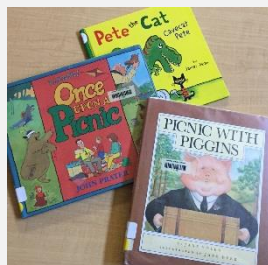
1. Split the English muffin in half. Place each half on a plate.
2. Spread 1 teaspoon ranch dressing on each half.
3. Top each muffin slice with half of the shredded cheese.
4. Arrange vegetables on top to create a silly face.
5. Serve with a glass of milk.



Save money with sandwich lunches by skipping the chips, fries and soda that go with most fast food lunches. Make your own sandwiches with low-cost ingredients. Just add fruit, cheese sticks, a glass of milk, or nuts to make a nutritious meal.

Put the sandwiches in an insulated lunch bag and hop on your bike to go have a picnic at the park!

You could follow your lunch with a fun read about picnics. Find one of these books at your public library.



Sources:

1. USDA's Mixing Bowl: Sandwich recipes- <http://go.unl.edu/kwg3>
2. Nebraska Extension, Cutting Family Food Expenses: 16 Tips That Can Total Big Bucks: <http://go.unl.edu/s52c>



For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>

More sandwich ideas:

- [Tuna Apple Salad Sandwich](#)¹
- [Roasted Fish Crispy Slaw Wrap](#)¹
- [Grape and Cashew Salad Sandwich](#)¹
- Cucumber sandwiches
- Pita pockets filled with shredded vegetables and meat
- Cream cheese and nectarines on toast
- Scrambled egg, cheese and salsa wrapped in a whole wheat tortilla
- Link sausage and lettuce wrapped in half a potato skin
- Smoked sardines, olives and Greek yogurt on grilled eggplant slices
- Any leftovers from your fridge on bread