

Hot Turkey Sandwich

Yield: 24 servings

Ingredients	Measure		Nutrition per Serving (without gravy)	
	24			
Water	1 quart		Calories	260
Med-Diet® Low Sodium Chicken Soup Base	2 oz (1/3 cup)		Total Fat g	2.5
Shredded cooked turkey breast	4½ lb (9 cups)		Saturated Fat g	2
Low-sodium sandwich rolls (2 oz each), split	24		Cholesterol mg	70
Med-Diet® Low Sodium Chicken Gravy Mix	as desired		Sodium mg	150
			Carbohydrate g	30
			Fiber g	1
			Sugar g	2
			Protein g	30

Preparation

1. In large pan, whisk together 1 quart water and the soup base until blended. Add turkey. Cook over low heat until turkey is heated thoroughly.
2. Meanwhile, in separate saucepan, whisk together cold water and gravy mix according to package directions until blended. Cook until thickened and 165°F.
3. With slotted spoon, transfer 3 oz turkey to each roll. Serve gravy portioned alongside each sandwich.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5 gal	K9216
Med-Diet® Low Sodium Chicken Gravy Mix	6 – 14 oz	6 gal	K9160