



Sheet Pan Turkey Melts

Yield: 4 servings

Prep Time: 5-10 minutes

Cook Time: 2-3 minutes

Allergens: wheat/gluten, dairy

Kitchen Tools: baking sheet, cutting board, knife, spatula

Ingredients:

1 package	Sliced deli turkey (150g)
8 slices	Whole wheat bread
4 slices	Swiss cheese (or cheddar)
2 tsp	Prepared yellow mustard
4 tbsp	Light cream cheese, softened
¼ tsp	Salt
1/8 tsp	Black pepper
1 cup	Shredded iceberg lettuce

Food Preparation Directions:

1. Wash and dry your hands.
2. Place a cutting board on the counter with a damp cloth underneath to keep it from sliding around.
3. Move the oven rack to the center of the oven. Turn the oven on to broil (high) to preheat.
4. If using lettuce, rinse the lettuce under cold water. You can either use a salad spinner to dry the lettuce or dab it dry with clean paper towel.
5. Place the lettuce leaves on the cutting board and roughly chop into smaller pieces. Set aside.
6. Mix the softened cream cheese and mustard until smooth. Add salt and pepper, if using, and mix well.
7. Line your baking sheet with parchment paper. You can also lightly grease the pan instead of using the parchment.
- 8. Now follow the cooking directions on the next page.**

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Serves 4 people



Cooking Directions:

1. Lay out the slices of bread side-by-side on the baking sheet.
2. Spread each slice of bread with about ½ tablespoon of the cream cheese mixture.
3. Top four pieces of bread with 3-4 slices of deli turkey each, folding each piece of turkey in half before placing on the bread. Top the other four pieces of bread with one slice of cheese.
4. Wash and dry your hands.
5. Place the baking sheet in the oven on the center rack under the broiler for 1-2 minutes or until the cheese starts to bubble and the bread is lightly toasted.
6. Remove from the oven and carefully top the turkey meat with chopped lettuce.
7. Combine the sides together to make a sandwich, and slice in half on a cutting board

Serve the turkey melt sandwich with a sliced apple, side salad, or a cup of your favorite soup per person.

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Estimated costs to serve 4 people:

QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 package (150 g)	Sliced deli turkey (3-4 slices per sandwich)	\$3.00
8 slices	Whole wheat bread	\$2.00
4 slices	Swiss cheese (or cheddar)	\$1.81
2 teaspoons (10 ml)	Prepared yellow mustard	\$0.04
4 tablespoons (60 ml)	Light cream cheese, softened	\$0.91
¼ teaspoon	Salt	\$0.01
1/8 teaspoon	Black pepper	\$0.01
1 cup (250 ml)	Shredded iceberg lettuce (optional)	\$0.43
TOTAL: \$8.21/recipe = \$2.05/person		