



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



Whole Wheat Buns



Chicken or Ham



Tomatoes



Lettuce



Peppers



Red Onion

## Build a Sub, Wrap or Picnic Plate

By Jenny & Rosie

Serves 4-6

### Ingredients

6	Sliced <b>whole wheat sub buns</b> or 10" whole wheat tortillas
½ lb (225 g)	Sliced <b>chicken</b> or baked <b>ham</b>
1	<b>Cucumber</b> , sliced
½ Cup	Shredded <b>cheddar</b> or <b>mozzarella cheese</b>
1	<b>Tomato</b> , sliced or diced
½ head	<b>Romaine</b> or <b>leaf lettuce</b> , cleaned, dried and cut into bite-size pieces
½	<b>Sweet pepper</b> , any colour, sliced thinly
2 or 3	<b>Dill pickles</b> , sliced
½ small	<b>Red onion</b> , sliced thinly
½ Cup (80 mL)	Mayonnaise, ranch dressing, Italian dressing, barbecue sauce or other sauce of choice
About 1 lb (454 g)	<b>Veggie sticks</b> and cut up <b>fruit</b>
As needed	Ranch dressing for dipping (see below for recipe)

### Directions

*Note:* Wash all produce well.

1. Place buns or wraps and ingredients on each plate, tray or table. Have each family member make their own sub, wrap, or picnic plate the way they like it. If you make extra, everyone can pack a picnic lunch in a sealed container for the next day!

## Bonus Recipe: Ranch Dressing

### Ingredients

1 Tbsp (15 mL)	Dried <b>parsley</b> or 2 Tbsp (30 mL) fresh chopped <b>parsley</b>
1 tsp (5 mL)	Garlic powder
1 tsp (5 mL)	Onion powder
½ tsp (2 mL)	Dried <b>dill</b>
½ tsp (2 mL)	Ground black pepper
½ tsp (2 mL)	Salt
1 Cup (250 mL)	Real mayonnaise
1 Cup (250 mL)	<b>Buttermilk</b> or <b>plain yogurt</b>
2 tsp (10 mL)	<b>Apple cider vinegar</b> , or white vinegar, or lemon juice

### Directions

*Note:* Makes a little over 2 Cups (500 mL). This dressing will keep well if tightly covered and refrigerated.

1. Hand-whisk all ingredients together in a bowl. For an easy Caesar-like dressing, add parmesan cheese.



## Create Your Plate!

### Veg It Up

Add fresh ingredients like parsley, green onions, cilantro, basil, dill, garlic, onion or chilies when mixing the ranch dip to create your own family favourite dressing.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

## Note From the Authors

"It's really fun for kids (and grownups) to get the sandwich shop experience at home or school. And it's easy to do with a little planning. Bonus: the family can build their lunch box for the next day!"

- Jenny & Rosie

- ★ Sauce: Sweet chili mayo, garlic mayo, curry mayo, teriyaki sauce, barbecue sauce, Caesar dressing, pesto, honey or dijon mustard, cranberry sauce
- ★ Veggie sticks: **Carrots, broccoli, sweet peppers, celery, turnip, cauliflower, cucumbers, radish**
- ★ **Popcorn** or pretzels
- ★ **Kale, potato** or veggie chips
- ★ **Potato** salad
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Fruit** or **smoothie popsicle**
- ★ More filling ideas:
  - ★ **Egg**
  - ★ Tuna
  - ★ **Beef**
  - ★ **Turkey**
  - ★ Hummus
  - ★ Jamaican baked chicken
- ★ More topping ideas:
  - ★ Banana pepper rings
  - ★ Sliced olives
  - ★ **Pea shoots** and **sprouts**
  - ★ **Pickled beets**



Carrot



Broccoli



Pepper



Celery



Turnip



Cauliflower



Cucumber



Radish



Sweet Potato



Popcorn



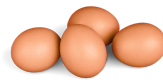
Veggie Chips



Slaw



Fruit



Eggs



Pea Shoots



Beets