

## **Grilled Turkey Sandwich**

- 1/8 lb roasted "shaved" turkey - with no nitrates
- 1 oz mozzarella, cut into small bits
- 3 t hot pepper condiment
- 1/2 avocado, thinly sliced
- small handful of mache, arugula, watercress or lettuce
- 2 slices of healthy, whole grain bread

Score the avocado with a sharp knife. The other half will keep perfectly in the fridge if you leave the pit attached. Somehow the pit protects the avocado from spoiling.

Use a spoon to gently scoop out the slices, separating them from the outer shell.

Apply as much hot pepper as you can handle.

Layer the avocado, turkey, cheese, mache, then close up with the top slice of bread.

Grill in a Pampered Chef pan, a sandwich press, or whatever you prefer for grilling.

It only takes a few minutes to melt the cheese and to get the bread a little toasty.

**Jittery Cook**