Turkey Sandwiches That Won’t Add Inches To Your Waistline

If you have leftover turkey that you want to turn into a sandwich, it doesn’t necessarily need to become a fattening meal. These turkey recipes give you some ideas for how to make a healthy lunch or dinner with your leftover turkey.

**Turkey Veggie Wrap**

Instead of just making a standard turkey sandwich, consider switching up the bread portion to make it a little healthier. When you use bread, you are increasing the amount of carbs, so you can turn it into a healthier sandwich just by making it a wrap instead. For the wrap, use a low-carb tortilla or one made from vegetables, such as a spinach wrap. You can then add in your slices of turkey, veggies, and any other fillings you want. Wraps are often easier to pack and eat at work or school, so that is another bonus of this option.

**Turkey Club With Hummus**

For this sandwich, you are going to make a turkey club, but are going to make a few changes to that it is a little lower in fat and calories. First of all, instead of using mayonnaise, which tends to be a high-fat food, you are going to spread hummus on the bread. This not only is less fattening, but it also contains more nutrients. Along with that, use multigrain or whole grain bread instead of white, and use turkey bacon instead of regular bacon. Add as many veggies as you want, including avocado if you want some healthy fats.

**Turkey Apple Sandwich**

This sandwich combines both veggies and fruits for a new take on the standard turkey sandwich. A French roll is best for this sandwich, but you can also choose any type of healthy bread yo like. Add in some turkey, sliced apples, preferably green apples, and choose what cheese you want. Brie is a really good cheese when combining apples with turkey. Add in any veggies you want, and choose a low-fat mayo.

**Turkey and Cranberry Sauce**

To have a festive turkey sandwich, you can take the leftover turkey and cranberry sauce from your holiday meal, and put them together into a sandwich. Add your sliced white turkey meat with cranberry sauce, lettuce, tomatoes, and swiss cheese. Add in some cucumber and other veggies if you happen to have them. Use a whole wheat or wholegrain bread as well. Another alternative to add more flavor to the sandwich is to get cranberry mayonnaise or make it yourself if you are not able to find it.