

**Recipe Name:** Grilled Turkey and Cheese Sandwich**Recipe Category:** Turkey Lunch**Portion Size:** 1 sandwich**Ingredients:** Yields: 8 servings

Ingredients	Notes:
1/4 cup margarine	Softened
8 slices American cheese (1 oz.)	May use other low-fat sliced cheese
1 lb. sliced lean turkey	
16 slices bread	Wheat or white

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Put 1 slice of cheese and 2 oz. turkey between 2 slices of bread.	
2	Spread margarine on the outside of each slice of bread.	
3	Heat a large skillet, and place sandwich in skillet.	
4	Cook until golden brown and then turn until both sides are golden brown.	
5	Repeat until 8 sandwiches are made.	

**Time Temperature Sensitive food.** Food safety Standards: Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41° F or colder or using time alone (less than four hours).

**Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size after cooking. Moisten with broth as needed.

**Chopped:** **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4” particle size after cooking. Moisten with broth as needed.

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Moisten with broth as needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve 1 c. serving.

**Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland/Anti Reflux:** No changes needed

**Liberal House Renal:** Use SF bread and SF margarine. Use low sodium turkey meat (less than 140 mg. per serving) Omit cheese.

**No Added Salt:** No changes needed

**2 Gram Sodium:** Use SF bread and SF margarine. Use low sodium turkey meat (less than 140 mg. per serving) omit cheese.

**Gluten Free:** Use gluten free bread. Prepare foods separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X	X			X		

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free