

SANDWICHES

The Philly Sandwich

- 1 large onion, chopped
- 1 green pepper, chopped
- 1 clove garlic, chopped
- 4 Tbsp. vegetable broth
- 8 oz. deli-style pre-cooked roast beef, thinly sliced
- 1 cup fat-free mozzarella cheese, shredded
- 1 18-inch French baguette, sliced lengthwise

Saute the onion, green peppers and garlic in the vegetable broth. Shred the slices of roast beef and add to the onions and green peppers. Heat thoroughly and add the cheese.

When melted, serve on the French baguette. To further reduce calories, partially hollow out the insides of the bread before adding the meat and cheese.

Easy of Prep: Intermediate **Serves:** 4



Nutrition Facts

Serving Size 1/4 recipe
(68g)
Servings: 1

Amount Per Serving

Calories 343 **Calories from Fat** 28

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g 8%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 930mg 39%

Total Carbohydrate 47g 16%

Dietary Fiber 3g 13%

Sugars 5g

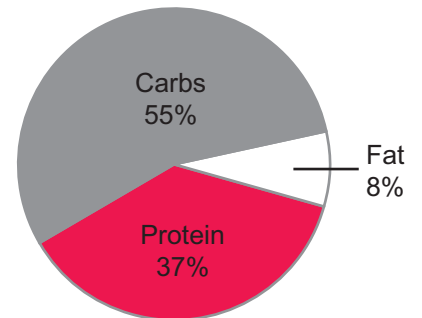
Protein 31g

Vitamin A 4% Vitamin C 49%

Calcium 1% Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.

Five years ago, Philadelphia became the fattest city in the country. It is now the third fattest city in the nation, partly because of a mayoral campaign to thin down the city. Here is some help to keep the weight off with this healthier version of the great steak sandwich. There are many variations on the theme, but the true Philly sandwich uses Cheeze Whiz, hoagie bread and lots of peppers and onions. This version uses reduced-fat deli-style roast beef with only one gram of fat per slice, fat-free mozzarella, and a thinner hoagie-style bread.



DIABETIC EXCHANGE

3 starches, 1 ½ very lean meats, 3 lean meats, 1 vegetable

