



## MEXICAN CHICKEN SALAD

4 servings

Preparation time: 15 minutes

- 4 medium tomatoes
- 1 1/2 cups cubed cooked chicken
- 1/2 cup sliced celery
- 1/2 cup whole kernel corn with red and green peppers
- 1/4 cup chopped onion
- 1/4 inch thick slice (about 4 ounces) **Alpine Lace® Deli Reduced Fat Cheddar Cheese**, cubed 1/4 inch
- 1 (15-ounce) can black beans, rinsed, drained
- 1/3 cup light sour cream
- 1/3 cup thick and chunky salsa

Celery leaves, if desired

- Cut tops from tomatoes. Scoop out seeds and pulp; discard. Place tomatoes, cut-side down, on paper towels to drain.
- Meanwhile, combine all ingredients except sour cream, salsa and celery leaves in large bowl. Gently stir in sour cream and salsa. Spoon salad into tomatoes. Garnish with celery leaves, if desired.

4 servings

### Nutrition Facts (1 serving)

Calories 270; Fat 8g; Cholesterol 50mg; Sodium 360mg; Carbohydrate 29g; Dietary Fiber 6g; Protein 23g



## HAWAIIAN HAM & SWISS SANDWICH

8 sandwiches

Preparation time: 10 minutes

- 1 large green bell pepper
- 1 large red bell pepper
- 1 jalapeño chile pepper, seeded, finely chopped
- 1 (8-ounce) package fat free cream cheese, softened
- 1 (8-ounce) can crushed pineapple, well-drained
- 16 slices whole wheat bread
- 8 leaf lettuce leaves
- 1 pound sliced deli reduced fat ham
- 8 (1-ounce) slices **Alpine Lace® Deli Reduced Fat Swiss Cheese**

- Cut 8 rings each from red and green bell peppers; set aside.
- Finely chop remaining bell peppers. Combine chopped bell peppers, chopped jalapeño, cream cheese and pineapple in medium bowl; mix well.
- Spread 1 side of each bread slice with 2 tablespoons pineapple spread. Layer 1 bread slice, spread-side up, with 1 slice cheese, 1 lettuce leaf, 1/8 ham, 1 red pepper ring, 1 green pepper ring and 1 bread slice, spread-side down.

### Nutrition Facts (1 sandwich)

Calories 340; Fat 9g; Cholesterol 50mg; Sodium 960mg; Carbohydrate 40g; Dietary Fiber 5g; Protein 29g



## ZESTY SUMMER PASTA SALAD

8 servings

Preparation time: 15 minutes

- 6 ounces uncooked dried angel hair pasta (very thin spaghetti), broken into thirds
- 3/4 cup fat free Italian dressing
- 1/4 cup sliced ripe olives
- 1/4 cup (about 1 1/2 ounces) pepperoni slices
- 1/4 cup chopped fresh basil leaves\*
- 1/2 pound (1-inch thick) slice **Alpine Lace® Deli Reduced Fat Mozzarella Cheese**, cubed 1/2-inch
- 2 large (2 cups) tomatoes, cubed 1-inch
- 1 medium (1 cup) green bell pepper, chopped

- Cook pasta according to package directions. Rinse with cold water. Drain.
- Place cooked pasta and all remaining ingredients in large bowl; toss to coat well. Cover; refrigerate at least 2 hours.

\*Substitute 2 teaspoons dried basil leaves.

### Nutrition Facts (1 serving)

Calories 180; Fat 6g; Cholesterol 10mg; Sodium 800mg; Carbohydrate 18g; Dietary Fiber 1g; Protein 14g

Visit [alpinelace.com](http://alpinelace.com) for more recipes!



## GRILLED PORTABELLA & SWISS SANDWICH

4 sandwiches

Preparation time: 10 minutes

Grilling time: 15 minutes

- 4 large portabella mushrooms
- 6 tablespoons Italian vinaigrette salad dressing
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 (1-ounce) slices **Alpine Lace® Deli Reduced Fat Swiss Cheese**, cut in half
- 4 slices tomato
- 12 large fresh basil leaves
- 4 onion rolls, split

•Heat gas grill on medium or charcoal grill until coals are ash white.

•Brush each mushroom with 1 tablespoon salad dressing. Sprinkle with salt and pepper. Place mushrooms onto grill. Grill, turning once, until mushrooms are softened and heated through (13 to 15 minutes). Top each mushroom with 1/2 slice cheese; let cheese melt slightly. Remove mushrooms from grill.

•Meanwhile, lightly brush remaining salad dressing over cut-side of roll halves. During last 2 minutes of grilling time, place roll halves onto grill, dressing-side down. Grill until toasted (1 to 2 minutes). Place 1 grilled mushroom onto each bottom half of roll; top each with 1 slice tomato, 3 basil leaves and top of roll.

### Nutrition Facts (1 sandwich)

Calories 260; Fat 12g; Cholesterol 10mg; Sodium 670mg; Carbohydrate 27g; Dietary Fiber 3g; Protein 10g



## SAGE TURKEY BURGERS

4 sandwiches

Preparation time: 10 minutes

Grilling time: 15 minutes

- 1 pound ground turkey
- 1/4 cup chopped fresh sage
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 2 (1-ounce) slices **Alpine Lace® Deli Reduced Fat Swiss Cheese**, cut in half
- 4 whole wheat hamburger buns
- 4 slices tomato
- 4 leaf lettuce leaves

•Heat gas grill on medium or charcoal grill until coals are ash white.

•Meanwhile, combine ground turkey, sage, salt and pepper in large bowl. Form mixture into 4 patties. Place onto grill. Grill, turning occasionally, until desired doneness (15 to 16 minutes). Top each burger with 1 piece cheese; let melt slightly.

•Remove burgers from grill; place burgers onto bottom half of buns. Top each with 1 slice tomato, 1 lettuce leaf and top of bun.

### Nutrition Facts (1 sandwich)

Calories 340; Fat 14g; Cholesterol 100mg; Sodium 780mg; Carbohydrate 24g; Dietary Fiber 4g; Protein 28g

# Quick & Easy Recipes from



DELI CHEESE

- These tasty sandwiches and salads can
- lighten up your meals! Healthy eating is
- easy when you start with deli ingredients
- and Alpine Lace® Deli Cheese.



SAGE TURKEY BURGERS

- Alpine Lace® Swiss Cheese is America's
- #1 branded Deli Swiss cheese. It has 25%
- less fat than regular cheese, pure delicious
- taste and all the good things cheese is
- known for.

- Alpine Lace® Cheeses can be sliced fresh
- at the deli or are available already sliced in