



Superfood Sandwiches: Crafting Nutritious Sandwiches with Superfoods for Every Meal and Occasion

Katie Chudy

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There's nothing better than chomping into a super-fresh sandwich with crusty bread, packed high with all your favorite nutritious fillings. Some say the sandwich is boring and classless - not the case for these sandwiches packed with superfoods.

Superfood Sandwiches features recognized superfoods, fresh vegetables, fruits, all-natural meats and cheeses, and quality baked breads, making any sandwich a respectable and versatile meal.

Start from scratch or use up some leftovers. Whether you're on a budget or aiming for gourmet, Chef Katie Chudy provides tips and shortcuts for those in a hurry as well as more detailed recipes and options, making some extra effort in the kitchen well worth it. Inside, you'll find easy and healthy recipes, such as:

- Buttermilk Whole Wheat Bread
- Tomatillo Yogurt Sauce
- Beet Green and Pecan Pesto
- Turmeric Chickpeas with Cardamon Spiced Apple Sandwich
- Spinach and Zucchini Cornmeal Cakes with Spiced Goat Cheese
- Argentinian Steak Sandwich with Kale Chimichurri
- Sage Roasted Pumpkin and Smoked Gouda Melts
- Edamame Fried Rice Veggie "burger"
- Quinoa Crusted Eggplant Parmesan Sub
- Swiss Chard, Fennel and Walnut Sandwich with Panchetta Chips and Saffron Yogurt Sauce

Superfood Sandwiches revitalizes the concept of the everyday sandwich, drawing on global flavors and incorporating healthy superfoods that you want to eat. Celebrate the sandwich - a hearty meal option that is nutritious enough for any time of the day or night - while featuring fun and quirky recipes that will liven up your kitchen.

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