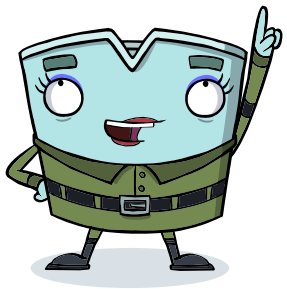
SHOPPING LIST

Hoagies with Veggies

- [ ] Whole Wheat Hoagie Rolls
- [ ] Provolone Cheese
- [ ] Baked or Smoked Ham
- [ ] Tomato
- [ ] Green Bell Pepper
- [ ] Cucumber
- [ ] Red Onion
- [ ] Extra-Virgin Olive Oil
- [ ] Red Wine Vinegar
- [ ] Dried Oregano
- [ ] Kosher Salt
- [ ] Black Pepper

First, check off the items you already have at home.



CUT

CUT

CUT

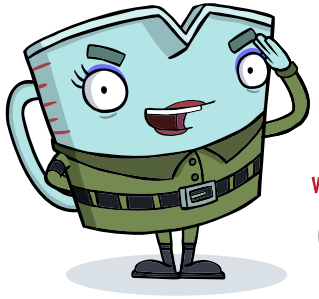
Corporal Cup presents

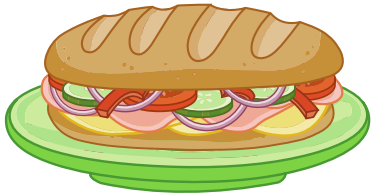
LUNCH

PBS KIDS GO!

FIZZY'S LUNCH LAB

Hoagies with Veggies





VEGETARIAN	TIME	DIFFICULTY	MAKES
V		E	1
NO	Under 30 min.	Easy	Sandwich

YOU WILL NEED

- **4** whole-wheat hoagie rolls (or **1** whole-wheat French Baguette)
- **3** ounces sliced provolone cheese
- **4** ounces baked or smoked ham
- **1** large tomato, cut into 8 thin slices
- **1** green bell pepper, cut into 8 thin slices
- **1** medium cucumber, peeled and sliced thin
- ½ small red onion, cut into 8 thin slices
- **2 tablespoons** extra-virgin olive oil
- **2 teaspoons** red wine vinegar
- **1 teaspoon** dried oregano
- **¼ teaspoon** kosher salt
- black pepper, to taste

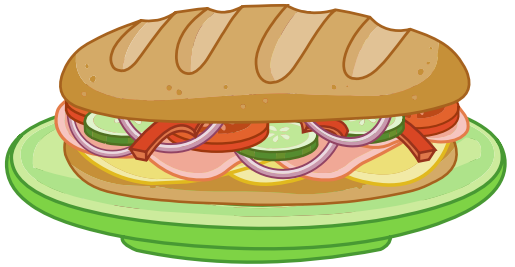
DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Swiss or cheddar cheese can be substituted for the provolone.

STEP 1: Remove the dough from the top half of the roll. Place all the cheese and ham on the bottom half of the roll (or ¼ of each per roll, if using hoagie rolls). Top with the tomato, bell pepper, cucumber and red onion.

STEP 2: Whisk the olive oil, vinegar, oregano, salt and pepper together in a small bowl until combined, and drizzle over the open sandwich. Cover the sandwich with the top half of the roll, and wrap in plastic or parchment paper and refrigerate for one hour. Serve.



Nutrition Facts

Serving Size 1 Hoagie (325g)
Servings Per Container

Amount Per Serving	
Calories 450	Calories from Fat 170
	% Daily Value*
Total Fat 19g	**29%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 1080mg	**45%**
Total Carbohydrate 56g	**19%**
Dietary Fiber 9g	**36%**
Sugars 12g	
Protein 20g	
Vitamin A 15% • Vitamin C 70%	
Calcium 30% • Iron 20%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4