

# Cooking portion – Student Handout

## Hot Pressed Sandwiches Menu

Hot Pressed Sandwiches  
Zesty Cabbage Salad

### ***Recipe***

#### **Hot Pressed Sandwiches**

Serves: 6

#### **Ingredients**

- $\frac{3}{4}$  cup sun-dried tomato pesto, or other pesto
- 6 tsp Dijon mustard
- 6 slices havarti Cheese
- 12 slices of sliced sourdough or country bread or bread of choice

#### **Directions**

1. Pre-heat oven to 400°F.
2. Spread 2 Tbsp of sun-dried tomato pesto on each of 6 slices of bread
3. Add Havarti on top.
4. Spread 1 tsp of mustard on each of remaining 6 slices of bread
5. Place other slice of bread mustard side down on top of Havarti.
6. Place sandwiches on a baking sheet, and cover with aluminum foil. Place another baking sheet on top, weigh down with aluminum covered brick or heavy oven-proof skillet.
7. Bake 10 minutes, then remove the trays from the oven and turn the sandwiches over. Bake another 10 minutes.
8. Serve immediately.

#### **Nutritional Values**

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	410		
Total Fat	20	g	31%
Saturated Fat	8	g	40%
Trans Fat	0	g	
Cholesterol	25	mg	8%
Sodium	930	mg	39%
Carbohydrates	41	g	14%
Dietary Fiber	3	g	12%
Sugars	4	g	
Protein	16	g	
Vitamin A		IU	10%
Vitamin C		mg	0%
Calcium		mg	30%
Iron		mg	15%

## ***Recipe***

### **Zesty Cabbage Salad**

Serves 6

#### **Ingredients**

- 1/2 small head white cabbage, thinly sliced (2-3 cups)
- 1/2 small head red cabbage, thinly sliced (2-3 cups)
- 1 cup green onions, thinly sliced
- 3 Tblsp fresh squeezed lime juice
- 2 Tblsp olive oil
- salt (start with 1/8 teaspoon)
- 1 jalapeño pepper de-veined, seeded and minced (optional)

#### **Directions**

1. Make a dressing by placing lime juice, olive oil and salt in a small jar.
2. Shake well and set aside
3. Combine cabbage, green onions and pepper (if using) into a medium-sized bowl.
4. Pour all of dressing over cabbage and toss with tongs to coat cabbage with dressing.
5. Divide into 6 equal portions, serve.

#### **Nutritional Values**

Nutrient Name	Nutrient Value	Unit	Daily Value %
Calories	70		
Total Fat	4.5	g	7%
Saturated Fat	0.5	g	2%
Trans Fat	0	g	
Cholesterol	0	mg	0%
Sodium	410	mg	17%
Carbohydrates	7	g	2%
Dietary Fiber	3	g	12%
Sugars	3	g	
Protein	1	g	
Vitamin A		IU	6%
Vitamin C		mg	65%
Calcium		mg	4%
Iron		mg	4%

% Daily Values are based on a 2000 calorie diet.