

# Wonder<sup>®</sup>

## Turkey and Pepper Bites

Serves 4 / 15 mins

### Ingredients

- 8 slices Wonder® 100% Whole Wheat
- 500g. turkey breast (or any other preferred deli meat)
- 1 red pepper, cut into strips
- 1 yellow pepper, cut into strips
- 3 green onions, chopped
- 1 avocado, peeled and sliced
- 1 cup loosely packed spinach
- 4 tbsp. soured cream or other condiment of preference (e.g. mayo, mustard)
- 1 tbsp. olive oil

### Directions

 Prep Time: **10 minutes** | Cook Time: **5 minutes** | Total Time: **15 minutes**

1. Heat olive oil in a large frying pan. Fry until the peppers are cooked but still have crunch.
2. Toast slices of Wonder® 100% Whole Wheat bread to preference.
3. On one slice of bread, layer one slice of cheese, one quarter of the turkey, a few slices of red pepper, and a small handful of spinach. On another slice of bread spread sour cream or other condiment of choice and place on top of the sandwich. Repeat with remaining ingredients.
4. Cut each sandwich into quarters and serve!

