



Turkey Sandwiches

The basics: 2 slices bread, 3 slices turkey

- ***The upgrade: Roasted Red Peppers with Pesto***

The smoky sweetness of roasted red peppers might almost make the kids forget that they're eating a vegetable. Bell peppers are loaded with vitamin C and a variety of antioxidants, which are essential for growing bodies. You can use purchased jarred peppers or roast them yourself: Add 1/4 cup roasted red peppers (whole or chopped) and 2 teaspoons pesto per sandwich.

- ***The upgrade: Pears and Honey Mustard***

Fruit and turkey might seem like a strange duo, but your kids will be surprised by how well the flavors of savory turkey and sweet pear play together. Add 1/4 medium pear, thinly sliced (we recommend Bosc pears for their smoother texture, but you can use any variety), along with 2 teaspoons honey mustard, which ties all the flavors together while adding a tang of its own.

- ***The upgrade: Hummus***

Just a 2-tablespoon smear of this spread can take a sandwich from dull to delicious. Made from mineral-rich chickpeas, hummus is a great choice for growing kids. To bulk the sandwich up further, crumble feta cheese over the hummus, or sprinkle on some pine nuts for texture and a little extra Mediterranean flavor.

Cheese Sandwiches

The basics: 2 slices bread, 1 to 2 ounces cheese

- ***The upgrade: Carrots***

Mild, creamy goat cheese is a surprising hit with kids, even the picky ones. Carrots add a pleasing crunch and lightly sweet flavor to the smooth, savory cheese. Use equal amounts, about 1/4 cup each, soft goat cheese and shredded carrots. This pairing is particularly good on whole wheat, whole-grain, pumpernickel, or other dark breads.

- ***The upgrade: Apples***

The cheese and apple combo can be made as fancy or as simple as you like. For an upper-crust option try Brie and 1/4 of a large Granny Smith apple, thinly sliced. For a more basic bite, swap

in Cheddar and the Red Delicious variety. Either way, the crisp sweetness of the fruit complements the rich saltiness of the cheese.

• ***The upgrade: Balsamic Vinegar and Tomato***

Satisfy a pizza lover by combining 2 slices of a mild, solid cheese, such as mozzarella, with 3 slices tomato, finished with a drizzle of olive oil and a little splash of balsamic. It's all the cheesy goodness of pizza without the grease and calories of a slice.