



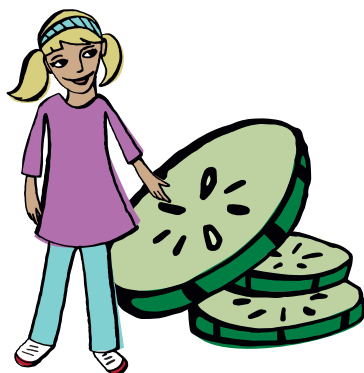
Super-Duper Sandwich Faces

Serves 8. Prep time: 30 minutes.

Ingredients

- 6 eggs
- ¼ cup low-fat mayonnaise
- ½ teaspoon mustard
- 2 tablespoons chopped green onion
- ¼ teaspoon paprika
- 3 slices whole wheat bread
- 1 radish, sliced
- 1 cucumber, sliced
- 4 black olives, sliced
- 2 green beans
- 1 baby pickle
- 1 cherry tomato
- 3 carrots
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 cup mixed salad greens

How silly can you make your sandwich? Try this fun recipe and find out!



Super-Duper Sandwich Faces

Preparation

Make your sandwiches

1. Put the eggs in a large saucepan and cover them with cold water. Bring the water to a boil. Boil the eggs for 3 minutes, uncovered. Cover the pan and remove it from the heat. Let it sit for 8 minutes. Remove the eggs from the pan. Cool them in the refrigerator for 30 minutes. Peel the eggs.
2. Chop five of the eggs into small pieces. Place the chopped eggs in a large bowl. Add the mayonnaise, mustard, green onion and paprika. Mix together. Spread the egg salad on the slices of bread.



Decorate your faces

1. For the eyes, slice the remaining egg. Create three sets of eyes using a base layer of two egg slices, two cucumber slices and two radish slices. Top the eyes with black olives and green bean slices.
2. Make noses with the pickle, cherry tomato and carrot slice.
3. Make mouths with a green bean and slices of red and green peppers.
4. For hair, use mixed salad greens, short carrot slices and long carrot peelings.

Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
300	15 g.	385 mg.	430 mg.	24 g.	4 g.	17 g.

The nutritional values and information provided are approximations.