



Family Food Experts

Home of the Kid Kritics Approved Seal



Hot Dog Bun Sub

PREHEAT: oven to 350 degrees F

PANS/EQUIPMENT: Oven or toaster oven, baking pan

PREP TIME: 10 minutes

COOK TIME: 10 minutes

NUMBER OF SERVINGS: 1-2 or more depending on ages

1 strip turkey bacon (uncured), Applegate Farms or Shelton's

Place in oven or toaster oven. Cook until lightly crisp.

1 sprouted wheat hot dog bun, Alvarado Street Bakery

2 teaspoons mayo spread (Vegenaise is a good choice)

Sliced bun in half. Smooth spread over each open half.

2 roasted turkey breast slices (additive-free), Applegate Farms

1 slice swiss cheese (additive-free), Applegate Farms

Place turkey slice, swiss cheese, turkey slice and turkey bacon on top of each other.

Romaine lettuce leaves

Wash lettuce, if needed, and pat dry. Tear to fit bun. Place on top of turkey. Put top of bun on. If necessary, secure with tooth picks or cupcake picks. Serve.

OPTIONS: Add tomato slices if serving immediately. Try chicken or beef instead of turkey (additive-free) or different cheeses - see our KKA Grocery list for deli items that are healthier and Kid Kritics Approved!

COMMENTS: *This is not just any sub because of the choice of bread. Staying away from bland white Italian breads for subs and choosing this high fiber nutrient-packed Sprouted Alvarado Street Bakery hot dog bun makes a huge healthy difference. And, it is smaller than most sub breads making it easier for kids to eat. You can fill it with any combination of meats, cheese and vegetables to customize it to what's in your refrigerator and your kids' tastes. Yes, the Kid Kritics thought this hot dog bun was "awesome." Serve it to your kids!!*

RECIPE SOURCE: The Family Food Experts

4+ FOOD COLORS: tan, brown, white, green, + red option

5+ FOOD GROUPS: whole grains, poultry, essential fatty acids, dairy, vegetables, + fruit & beef options

GROCERY LIST:

Turkey bacon (uncured), Applegate Farms or Shelton's

Sprouted wheat hot dog bun, Alvarado Street Bakery

Mayo spread (Vegenaise is a good choice)

Roasted turkey breast slices (additive-free), Applegate Farms (or other KKA deli meat)

Swiss cheese slices, Applegate Farms (or other KKA cheese)

Romaine lettuce leaves

Tomato