

Italian Family-Style Sandwich



This Italian-inspired sandwich, created by a dietitian, is layered with creamy fresh mozzarella, and thinly sliced nitrite-free ham. What truly sets it apart is the whole wheat sourdough bread. Made as one large sandwich and sliced to serve, it's perfect for sharing at lunch, picnics or casual get-togethers. For more inspiration, explore our [Top 7 Sandwich Recipes](#).

Preparation 10 min

Cooking 0 min

Servings 6

Nutrition Facts (per serving)

Calories 490

Fat 10

Carbohydrates 72

Fibre 5

Protein 28

Sodium 1410

Ingredients

- 750 g sourdough loaf
- 90 ml (6 tbsp) light mayonnaise
- 15 ml (1 tbsp) Dijon mustard
- 500 ml (2 cups) baby spinach

- 12 slices nitrite-free ham (ex: Natural Selections)
- 1 tomato, thinly sliced
- 60 ml (¼ cup) banana peppers or pickles of choice
- Red onion, thinly sliced, to taste

Preparation

1. Slice the bread horizontally to create a top and bottom half. If desired, toast the cut sides under the broiler or in a grill pan for 1 or 2 minutes.
2. In a small bowl, mix the mayonnaise and Dijon mustard to make a Dijonnaise.
3. Spread half of the Dijonnaise on the bottom half of the bread and the other half on the top half.
4. Evenly layer the spinach, mozzarella, ham, tomato slices, pickles and red onion on the bottom half. Cover with the top half of the bread.
5. Press the sandwich gently to help it hold together. Cut into 4 slices and serve.

Notes

Store in an airtight container in the refrigerator for up to 3 days. Do not freeze.



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