

Chili Beans Cheese Sandwiches

(makes four sandwiches) Calories 230 Fat 2 gm 4 whole grain rolls

Chili Bean Dip

1 cup canned kidney beans, drained

½ teaspoon chili powder

½ tablespoon vinegar

2 tablespoon water

4 plum tomatoes, sliced

1 cup dark, shredded lettuce

4 mushrooms, sliced thin

½ cucumber, sliced thin

4 slices fat free American cheese (mozzarella or cheddar can also be used)

1. Combine the ingredients for chili bean dip in a medium sized bowl or blender.
2. Mash or blend until it is a thin paste.
3. Spread bean dip on each half of a whole grain roll.
4. Fill each roll with vegetables and 1 slice American cheese.