

Open Face Turkey Sandwich, Gravy, and Mashed Potatoes (makes 4 servings)



Use this favorite as a delicious meal solution any day!

Sandwich:

4 slices Whole grain bread
1 Tbsp Butter
1 pound Boars Head Oven Gold Turkey Breast

Gravy:

1 Tbsp Butter
1 Tbsp Flour
2 Tbsp Minced onion
1 Can Chicken broth, 14-1/2 oz
¼ tsp Ground black pepper

Simple Mashed Potatoes:

8 Small, round white potatoes
2 Tbsp Butter
2 Tbsp Light sour cream
1/4 tsp Salt
1/8 tsp Ground black pepper

To make sandwich:

Spread bread lightly with butter and toast. Layer turkey on toasted bread. To make gravy: Melt butter over medium heat in a saucepan. Add flour and stir quickly with a whisk for about 1 minute until smooth. Add minced onions and continue stirring about 1 minute longer. Add chicken broth and stir with whisk until smooth. Add black pepper. Reduce heat to low and cook about 5-6 minutes while stirring. Gravy will thicken as it cooks. To make mashed potatoes: Wash potatoes well in cold water, then cut into fourths. Place into a medium saucepan over medium high heat and bring to a boil. Then, boil gently about 10 minutes until potatoes are soft. Drain away cooking water and return potatoes to saucepan. Mash with a masher or large fork. Add butter and light sour cream little by little, stirring all the time. Add salt and pepper and bring to serving temperature.

Assemble hot sandwich:

Place open face turkey on plate and top with gravy. Serve mashed potatoes along side of the sandwich. Add more gravy, if you wish.

Nutrition Facts for one serving of sandwich, gravy, and mashed potatoes:

396 Calories; 42 gm Protein; 14 gm Total Fat; 8 gm Saturated Fat; 127 mg Cholesterol; 24 gm Total Carbohydrate; 7 gm Fiber; 605 mg Sodium