

Peanut Butter & Banana Sandwich With Strawberry Salad

by Chef Molly Graham

Peanut Butter and Banana Sandwich

Ingredients:

- 1 banana, peeled
- 1 tablespoon honey
- 3 tablespoons crunchy peanut butter
- 3 tablespoons low fat cream cheese
- 2 slices whole wheat bread

Prepare the filling:

1. Measure and assemble all of your ingredients to create a *mise en place*
2. Slice half of the banana into small pieces and put into a bowl.
3. Mash the banana pieces with a fork until smooth
4. Add the honey, peanut butter, and cream cheese to the mashed banana.
5. Mix with a fork until smooth. Set Aside

Make the sandwich:

1. Slice the remaining half of the banana lengthwise into 4 pieces.
2. Spread both pieces of the bread with 1/2 of the banana/peanut butter mixture.
3. Add banana slices on top of one piece of bread, cover with 2nd piece
4. Lightly spray a sauté pan or a griddle with olive oil, warm over medium-low heat.
5. Place sandwich flat in the warmed pan or on griddle until bottom bread is lightly toasted like a grilled cheese sandwich—It will take about 2-3 minutes.
6. Flip over and grill the other side.

Strawberry Salad

Dressing:

- 1 tablespoon Balsamic vinegar
- 2 tablespoons olive oil
- ½ teaspoon lemon juice
- ½ teaspoon Dijon mustard
- To taste salt and pepper

Salad:

- 2 thin slices red onion
- ½ cucumber, thinly sliced
- ½ cup fresh strawberries, sliced thin
- Large handful baby spinach, rinsed, dried and coarsely chopped
- ¼ cup chopped pistachios or almonds

Lunch Assembly and Packing:

Wrap sandwich or place in sealed container.

Combine salad dressing in small re-sealable container, cover & shake vigorously.

Toss salad ingredients and place in a re-sealable container