



# Sparkle Kitchen

## **Sandwich on a Stick**

### **Ingredients**

french bread  
smoked turkey (nitrate-free)  
pickles  
red pepper  
lettuce  
raw cheddar cheese  
wooden skewers

### **Other possibilities**

tomatoes  
cucumbers  
or any vegetable you can pop on a skewer  
sandwich bread  
tofu or tempeh  
nut butters  
any variety of cheese  
home-cooked turkey or chicken

### **Directions**

Cut the ingredients into skewer-able pieces, and slide them onto the sticks in varying patterns. Use small cookie cutters for ultra-clever effects.

Enjoy!