

# Turkey & Avocado Sandwich with Herby Slaw and Mustard-Mayo

Recipe By Victoria Dwek



Cooking and Prep:  20  
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Serves:  2

Contains:   

Preference: Meat

Difficulty: Easy

Source: Whisk by Ami  
Magazine

I make a sandwich like this almost everyday for my husband for lunch (most often using a wrap). Turkey is often my go-to because it's the easiest and healthiest protein to include (I like the easy-to-open-and-close packaging of the Tirat Zvi family pack). Along with the turkey, there's always a creamy dressing or whole grain mustard, and always something crunchy, like a slaw. This herby-version, full of fresh parsley, is my latest favorite sandwich topper. The entire recipe also works for an easy no-cook dinner.

## Ingredients (15)

### For Herby Red Cabbage Slaw

- 1 (14-ounce) bag red cabbage
- 1/2 small red onion, diced
- 1/4 cup fresh parsley leaves, chopped
- 1 tablespoon chopped fresh dill or 3 cubes [Dorot Gardens Frozen Dill](#)

- 1/4 cup Gefen Lite Mayonnaise
  - 1/4 cup fresh lemon juice
  - 2 teaspoons sugar or 2 packets Splenda
  - 1/2 teaspoon salt
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### For Mustard-Mayo

- 2 tablespoons Gefen Lite Mayonnaise
  - 1 tablespoon Reine de Dijon Wholegrain Mustard
  - 1 tablespoon water
  - 1/2 teaspoon salt
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### For Assembly and Serving

- desired whole grain bread or wraps
  - Tirat Tzvi Turkey Breast (I used Mexican style)
  - 1 avocado, sliced
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## Start Cooking

### Prepare the Sandwich

1. Prepare the slaw. Combine all ingredients. Can be prepared ahead.
2. Prepare the mustard-mayo. Combine all ingredients.
3. To assemble your sandwich, place turkey on a slice of bread. Top with mustard-mayo, avocado, and herby slaw. Top with additional slice of bread. Enjoy with pickles and extra slaw on the side.