



INGREDIENTS

- 6 Slices of Rye Bread
(at least 28 grams each;
enriched or whole grain rich)
- 6 Tablespoons Unsalted Butter
- 3 Boiled Eggs (sliced)
- 6 Slices (1 ounce each)
Pickled Herring
- 1½ Cups Red Onion (thinly sliced)
- 1½ Cups Cucumber (thinly sliced)
- Fresh Dill (chopped)
- Salt and Pepper (to taste)

DIRECTIONS

1. Start by spreading a layer of butter on each slice of rye bread.
2. Place the boiled egg slices on top of the buttered bread.
3. Arrange the pickled herring slices over the egg.
4. Add thin slices of red onion and cucumber for crunch and freshness.
5. Garnish with fresh dill and season with salt and pepper.
6. Serve immediately and enjoy with a warm cup of coffee.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Meat/Meat Alternate

MEAL TYPE

-  Breakfast

YIELD

6 Open-Faced
Sandwiches

PORTION SIZES

- Toddler:** ½ Smorrebrod
- Preschool:** ½ Smorrebrod
- School Age:** 1 Smorrebrod
- Adult:** 2 Smorrebrods