MUSTARD TURKEY SANDWICHES

serves 1

ingredients:

* scant 1/4 cup turkey, chopped into bite-sized pieces
* 1/4 yellow onion, sliced into thin rings
* 1.5 tbsp vegetable oil, divided
* 1.5 tbsp dijon mustard
* 1.5 tbsp whole grain garlic mustard (or any mustard of your preference)
* 2-3 rolls, depending on size

directions:

1. heat 1 tbsp oil in a small skillet over medium heat
2. add the onions and sauté until brown and slightly crispy
3. remove them and drain them on paper towel
4. slice the rolls in half and toast in a toaster oven or in the oven (on broil) depending on the size of the rolls
5. combine the remaining 1/2 tablespoon of oil, the mustards, and the turkey in the pan
6. cook until the turkey is warm again
7. top the toasted rolls with the turkey and onions