

Home on the Range

Build A Better Sandwich Any Way You Slice It



Today everyone has his own opinion of what constitutes a good sandwich, but whether the filling is traditional or trendy, the common ingredient is some form of bread to hold it together.

“We are a nation of sandwich eaters. From lunch box snacks and picnic meals to tea-time treats and evening eats, sandwiches are a part of the American food tradition. According to a survey, the average American eats 193 sandwiches a year.”

Wheat Foods Council

Recipe Topics

If you have recipes for topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients, and clear instructions with each recipe you submit. Be sure to include your name and address. Recipes should reach our office one week before the publishing date listed below.

Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

March

30 — Easter Celebration

April

6 — Cooking With Eggs

13 — Asparagus and Rhubarb Recipes

20 — Cooking With Lamb

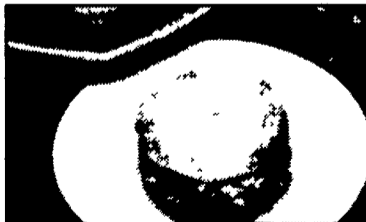
Grab A Bagel

American's consumption of bagels climbed 187 percent during the past 10 years. Whether for breakfast, lunch, dinner, or a snack, bagel sandwiches make quick, nutritious, and low-maintenance meals for any member of the family, any time of the day.

• Bagels for Breakfast — Start the day off right with scrambled eggs and bits of ham between toasted bagel halves.

• Bagels for Lunch — Spread hummus on the bagel with tomato slices and sprouts for a light sandwich taste.

• Bagels for Dinner — Top a piece of tuna melts bagel with a new dimension to supper.



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ing a variation in taste with similar nutritional values of bread, rolls, and crackers.

• Bagels for Snacks — Try flavored cream cheese between your bagel, add a few slices of nuts for a wonderful appetizer and lunch snack for a great taste.

BAKED DELI SANDWICH

1 pound loaf frozen bread dough, thawed
2 tablespoons butter, melted
¼ teaspoon garlic salt
¼ teaspoon dried oregano
¼ teaspoon pizza seasoning
¼ pound sliced deli ham
6 thin slices mozzarella cheese
¼ pound sliced deli smoked turkey breast
6 thin slices cheddar cheese
Pizza sauce, warmed, optional
Roll dough into a small rectangle. Let rest 5-10 minutes. Combine butter and seasonings. Roll out dough into a 14x10-inch rectangle. Brush with half the butter mixture. Layer ham, mozzarella cheese, turkey, and cheddar cheese lengthwise over half of the dough to within ½-inch of edges. Fold dough over and pinch firmly to seal. Brush with remaining butter mixture. Bake at 400 degrees for 10-12 minutes or until golden brown. Cut into one-inch slices. Serve immediately with pizza sauce if desired. Serves 4-6.

Note: I usually spread 3 tablespoons pizza sauce on top of meats and cheeses before baking, instead of warming separately.

D. Burkholder
Stevens

HAM BUNS

½ cup butter, softened
1 small onion, grated
2 teaspoons Worcestershire sauce
2 teaspoons mustard
2 cups finely chopped, fully cooked ham
1 cup shredded Swiss cheese
6 hamburger buns
Mix butter, onion, Worcestershire sauce, and mustard until well blended. Add ham and cheese. Mix well. Divide evenly among buns. Place in shallow baking pan and cover with foil. Bake at 350 degrees for 15-20 minutes or until hot.

D. Burkholder
Stevens

CHEESE FRENCHY SANDWICHES

¼ cup mayonnaise
8 slices bread
8 slices process American cheese
1 egg
½ cup milk
1 cup crushed saltine crackers (about 25 crackers)
Vegetable oil for frying
Spread mayonnaise on one side of each slice of bread. Top four slices with two cheese slices. Top with remaining bread, mayonnaise side down. Cut each sandwich into four triangles.

In a bowl, beat egg, milk, and salt. Dip sandwiches into egg mixture, roll in cracker crumbs. Wrap in foil and freeze for up to one month.

In a skillet heat 1 inch of oil to 375 degrees. Fry a few frozen sandwiches for one to two minutes on each side until golden.

Pita Possibilities



Stuff some veggies into your pocket — pita pocket, that is. The pocket is great for hiding assorted fixings.

Pita bread is made by steam — it puffs up the dough and, as the bread cools and flattens, a pocket is left in the middle. That pocket is great for hiding assorted fixings such as the following:

• Traditional — Tuck in shaved turkey, chicken, roast beef, or roast pork, along with chopped red onion, tomatoes, lettuce, and a salad dressing of your choice.

• Veggie — Take the traditional taste and simply subtract the meat. Instead, add fresh zucchini, sweet red pepper, and green onions for a vegetarian delight.

• Pizza — Spread marinara sauce inside the pita pocket and stuff in sauteed veggies and parmesan cheese.

• Mexican — Fiesta flavor begins with low-fat refried beans, diced tomatoes, salsa, and shredded cheese inside a pita sandwich pocket.



Featured Recipe

This Turkey Treadmill sandwich, piled high with thinly sliced Healthy Deli meat, crisp greens and veggies, contains only 200 calories.

Some people think sandwiches contain too much fat and carbohydrates to fit into a diet menu. Lunchmeats are absolute no-no's according to some diet plans. But losing weight and enjoying sandwiches is not an impossible dream when you trim calories and fat from favorite foods.

If you're a frustrated dieter who loves sandwiches, you'll be happy to know that great strides have been taking by meat companies to provide healthier lunchmeats, tastier, low-calories breads, and fat-free dressings.

Hansel 'N Gretel Brand, Inc. sells healthy deli meats that fit into a weight control strategy called Delirobics. Turkey, roast beef, and ham contain only 30 calories and less than one gram of fat per ounce.

The company offers nine healthy sandwich varieties that contain only 200 calories.

made or the ingredients to make your own. These sandwiches fit perfectly into any weight-loss program, including Weight Watchers (most have three points).

For a free copy of Healthy Deli Delirobics sandwich recipes, send a stamped, self-addressed, business-sized envelope to Hansel 'n Gretel, 79-36 Cooper Ave., Glendale, N.Y. 11385.

TURKEY TREADMILL

Divide ¼-ounce shredded lettuce, 3 sliced mushrooms, and 2 red pepper rings between top and bottom slices of bread.

Drizzle 1 tablespoon fat-free Ranch dressing over veggies. Fluff and divide 3-ounces of Healthy Deli Brick Oven Turkey or Honey Valley Turkey between top and bottom slices of bread. Add 1 slice of turkey.