



# Home on the Range

## If It's Edible — Sandwich It

### SUMMER SALAD SANDWICH

2 slices potato bread  
Mayonnaise  
Cucumber, thinly sliced lengthwise  
Lettuce leaves  
Tomato thinly sliced  
Vidalia onions thinly sliced  
Slather the bread with mayonnaise. Layer the cucumber, tomato, lettuce, and onions on bread. Season with salt and pepper. Cover with second slice of bread again slathered with mayonnaise. Slice in half and enjoy!

Use your imagination and add other veggies to this sandwich.

*This is a great sandwich to eat this time of the year because of all the fresh veggies available.*

Lee Laverty  
Mount Joy

### NEW JERSEY TORPEDO SANDWICH

1 torpedo roll (In Pa., these are called hoagie or sub rolls)  
4 slices Genoa salami  
3 slices hot ham  
3 slices boiled ham, fold in half lengthwise  
3 slices provolone cheese  
Shredded lettuce  
Thin slices Vidalia onions  
Red wine vinaigrette  
Slice roll lengthwise without cutting through. Pour the vinaigrette on both sides of bread. Close and squeeze gently for the dressing to absorb into bread.

Open bread and layer with the salami, ham, hot ham, cheese, lettuce and onions. Squeeze it together. Sit and enjoy it!

Lee Laverty  
Mount Joy

### TUNA-CHEESE MELTS

7-ounce can tuna, drained, flaked  
12 slices bread (any variety)  
2 or 3 hard-boiled eggs, chopped  
Mayo or salad dressing to taste  
Marie's Creamy Italian Garlic salad dressing to taste  
1 tablespoon milk  
12 slices cheese  
Butter, softened for easier spreading  
Combine tuna and eggs in bowl. Blend milk with enough salad dressing to moisten mixture in bowl. Add to tuna mixture; mix well. Spread one side of bread slices with Italian Dressing.

Fill each sandwich with tuna mixture and two slices cheese. Spread outsides of sandwiches with butter. Grill until golden brown. Tomato slices may be added if desired. Serve with a glass of ice cold milk. Yield: 6 servings.

*Is August a busy time in your household with farming, the fair and sporting activities like in my home? If so, then may I suggest to consider serving fast, easy, nutritious meals consisting of sandwiches like toasted cheese, meat and cheese or one of the many salad varieties. Sandwiches are easy and fast to serve, they can come in varieties that are high in protein but also low in fat.*

Ashley Bird  
Centre Co. Dairy Princess

### PEANUT BUTTER AND JELLY TORTILLA WRAPS

Layer creamy peanut butter on a flour tortilla with strawberry or red raspberry fruit spread and roll up "wrap" or "jellyroll" style. Slice crosswise into pieces.

One of the best childhood memories and an easy sandwich to trade at the cafeteria table is the classic peanut butter and grape jelly sandwich.

The repetition of peanut butter and jelly sandwiches day after day might please school-age children, but parents need peanut butter and jelly variety.

For a simple change, vary the bread offerings from plain sliced bread to raisin bread, pita pockets, dinner rolls, flour tortillas, or mini-bagels.

Welch's

### GRILLED PEANUT BUTTER AND JELLY SANDWICHES

8 slices bread  
½ cup peanut butter  
2 tablespoons plus 2 teaspoons Welch's grape jelly  
2 tablespoons plus 2 teaspoons unsalted butter, softened

Spread four slices of bread with equal portions of the jelly. Spread remaining slices with peanut butter and place on top of jellyed bread. Spread butter on the outside of each piece of bread. Heat a heavy nonstick skillet over medium heat and cook sandwiches 1 to 2 minutes per side, or until golden. Makes 4 sandwiches.

For more fun and delicious recipes, visit [www.welchs.com](http://www.welchs.com).

Welch's

### TOMATO, CHEESE FILLED FOCACCIA

1 package active-dry yeast  
¼ cup warm water  
2 cups all-purpose flour  
½ teaspoon salt  
6 tablespoons olive oil, divided  
1 cup shredded Provolone cheese  
5 tablespoons grated Parmesan cheese, divided  
1½ teaspoons Italian seasoning, divided  
¼ teaspoon pepper  
2 large ripe tomatoes, sliced thin

Dissolve yeast in warm water; let stand five minutes. Combine flour and salt in work bowl of food processor fitted with metal blade. Stir in yeast mixture and 3 tablespoons olive oil. Process until ingredients form a ball. Process 1 minute longer. Turn out onto lightly floured surface. Knead until smooth and elastic, about 2 minutes.

Place dough in oiled bowl. Turn dough over to oil top. Cover and let rise in warm place until doubled in bulk, about 30 minutes. Punch dough down. Let rest five minutes. Fit dough into oiled 10-inch cake pan, deep dish pizza pan or springform pan. Brush with 1 tablespoon olive oil. Cover and let rise 15 minutes. Preheat oven to 425 degrees. Bake 20-25 minutes or until golden. Cool completely in pan on wire rack.

Preheat oven to 350 degrees. Combine Provolone, ¼ cup Parmesan, 1 teaspoon Italian seasoning, and pepper. Cut baked focaccia horizontally in half. Place bottom on cookie sheet. Cover with sliced tomatoes. Sprinkle with cheese mixture. Cover with top of focaccia. Brush with remaining tablespoon olive oil; sprinkle with remaining 1 tablespoon Parmesan cheese and ½ teaspoon Italian seasoning. Bake 10 minutes or until cheese inside is melted. Cut into wedges and serving immediately.

American Dairy Association

### CHICKEN IN A PITA

½ cup mayonnaise or salad dressing (light)  
1 tablespoon soy sauce (light)  
¼ teaspoon ground ginger  
1 tablespoon peanut butter  
1 cup cooked, chopped chicken  
½ cup Chinese peapods, cut in half  
½ cup chopped red or yellow sweet peppers  
¼ cup roasted peanuts  
3 whole pita breads, cut in half  
Mix mayonnaise or dressing, soy sauce, ground ginger, and peanut butter until well blended. Add chicken and vegetables and refrigerate 1-4 hours. Stir in peanuts and spoon into pita pockets.

Wheat Foods Council



Pork Tenderloin Cubano is a meal in a sandwich.

## Featured Recipe

Sandwich selections go far beyond sliced bread. Gone are the days of selecting rye, brown or white breads for sandwiches.

Wraps in all flavors and colors, specialty breads such as focaccia, pita, tortillas and much more are filling breakfast, lunch and dinner menus. Sandwiches are taking on a whole new look and definitely more flavor.

When it comes to filling sandwiches, creativity is unlimited. If it's edible, you can sandwich it.

Try this Pork Tenderloin Cubano, large enough to serve four.

### PORK TENDERLOIN CUBANO

1 pound ¾-inch thick pork tenderloin, trimmed, sliced  
1 tablespoon butter  
8 thin slices smoked Gouda cheese  
4 6-inch French sandwich rolls, split  
½ small red onion, thinly sliced

#### Marinade:

1 small onion, finely chopped  
¼ cup finely chopped cilantro  
3 cloves garlic, minced  
Juice of 1 orange  
Juice of 1 lime  
2 tablespoons honey  
2 tablespoons black pepper  
1 teaspoon ground cumin  
½ teaspoon salt  
½ teaspoon dried oregano

#### Mango salsa:

½ cup medium salsa  
½ cup finely diced fresh mango (or pineapple if preferred)

Cut pork tenderloin into eight pieces. Pound pork pieces with meat mallet between two sheets of waxed paper or plastic wrap until approximately 1-inch thick.

For marinade, combine onion, cilantro, garlic, orange and lime juice, honey, pepper, cumin, salt, and oregano in large shallow dish. Add pork to marinade, turning to coat. Cover with plastic wrap and marinate in refrigerator 2-24 hours. For salsa, combine salsa and mango. Let stand at least one hour to allow flavors to blend.

Heat butter in large skillet over medium heat. Remove pork from marinade; discard marinade. Cook pork 6-8 minutes per side or until temperature reaches 155-160-degrees and pork is juicy and barely pink inside. Pork should be cooked in single layer in skillet; cook in two batches if necessary. Top pork with cheese during last minute of cooking to melt cheese. Place pork on rolls; top with onion slices. Serve open-faced with mango salsa, if desired.

## 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.

#### August

- 16 — Covered Dish Dinners
- 23 — 'Cheesy' Snacks, Meals
- 30 — What Do You Do With Apples?

#### September

- 6 — Grapes, pears, and other fruits