

SANDWICHES

AVOCADO & SPROUTS SANDWICH

2 slices toasted whole wheat bread
sour cream
1/2 avocado, sliced
1 tsp. red onion, minced fine

alfalfa sprouts
onion powder
salt

Spread thin layer of sour cream on toast; sprinkle lightly with onion powder. Slice avocado in half, twist to separate; remove pit. Holding avocado on cutting board with cut side up, cut about 6 vertical parallel slices all the way across; remove with large spoon; lay across toast; salt to taste. Top with onions and alfalfa sprouts and 2nd slice of toast. Cut diagonally to serve

B-A-L-T-O SANDWICH

toasted bread
"BF" mayonnaise or sour cream
bacon
avocado
lettuce

tomato
onion
onion powder
salt

CHICKEN CROISSANT FANCY SANDWICH

10-12 small croissants
1 (9 oz.) can white chicken, drained well
1/2 can crushed pineapple, dry
1/4 c. slivered almonds

4 oz. cream cheese, softened
1/8 tsp. onion powder
pinch of salt

Pour pineapple into a small colander and press out as much juice as possible – should be dry. Stir all ingredients together until well blended. Refrigerate filling at least 2 hours. Slice croissants, leaving a hinge in back. Put about 2 tablespoons of filling inside each croissant just before serving.

CHICKEN SALAD SANDWICH

(Hot or Cold) Sherrie Apperson*

1 c. quick oats, dry
1 (9 oz.) can white chicken
3-4 Tbsp. pickle juice
1/2 c. sour cream

1/2 c. deli-style pickles, diced
1/2 red onion, diced
1/4-1/2 tsp. onion powder
sharp cheddar cheese, sliced

Drain chicken juice into oats and stir in pickle juice; set aside to soak while you dice the pickles and onion. Stir chicken, pickles, onions and onion powder into oats until well blended; add sour cream. For hot sandwiches, lightly toast bread and place on cookie sheet, spread chicken mixture on toast and top with a slice of cheese. Bake at 325° until cheese is melted and chicken is hot.

ENGLISH TEA SANDWICHES

Anita Woodward

HOT BEEF or TURKEY SANDWICH

toasted & buttered bread
leftover meat, sliced or cubed

gravy

Heat gravy in saucepan over medium-low heat. Add sliced or cubed meat and stir gently until meat is heated through. Toast & butter bread; cut diagonally; arrange 2-4 triangles of bread overlapping each other. Top with gravy & meat.
Also good with mashed potatoes & green beans on the side.

HOT HAM & CHEESE SANDWICH

Bryce Rich

sandwich rolls cheddar or colby jack cheese, diced 1/4"
ham, diced 1/4" diced green chiles

Mix ham, cheese & chiles; stuff into sandwich roll. Wrap with paper towel and microwave for 30–45 seconds, just until cheese is slightly melted.

SPIRAL SANDWICH

Sherrie Apperson

lavash (soft cracker bread) (about 12x18") or very large flour tortilla (13–14")
cream cheese, softened (about 3 oz. per roll) (try herb & garlic cream cheese)
sour cream (about 2 Tbsp. per roll)
garlic powder (about 1/4 tsp. per roll)
red leaf lettuce
spinach leaves
red onion, sliced thin
avocado
roast beef or turkey breast
plum tomatoes, sliced thin

Mix cream cheese, sour cream & garlic powder together. Lay about a 24" piece of plastic wrap on your work surface and lay your lavash or tortilla on it. Spread a thin layer of softened cream cheese mixture to cover entire surface. Remove thick part of stems of lettuce and cover bread from 1" away from one long straight edge (top) to 3" from other edge (bottom), and all the way to the short edges. Add a layer of spinach leaves, sprinkle sliced onions along entire length. Lay down one line of avocado slices from end to end along top edge of lettuce. Put on a layer of meat. Finish with one line of tomato slices down the center. Fold the 1" top edge of bread over the filling and roll tightly to bottom edge, making sure that the filling doesn't cover the last 2" of bread so that the cream cheese can seal it together. Wrap up tightly in plastic wrap and refrigerate for at least 6 hours. Slice 1" thick just before serving.

CREAM CHEESE SPREAD:

Karen Kerrigan

1/4 cucumber, deseeded, cubed 1/4 tsp. celery salt, or to taste
2 green onions, sliced, separated 1/4 tsp. garlic powder, or to taste
1 8 oz. pkg. cream cheese, softened

Put cucumber cubes and the white parts of the onion into a food processor and chop until fine. Add cream cheese and seasonings, and mix until well incorporated. Add green parts of onion and pulse in the food processor just until the pieces are mixed through, but do not over-mix. Refrigerate until ready to use, up to 24 hours. Enough for 2–3 sandwiches.

SUBMARINE SANDWICH – THE ULTIMATE

John Apperson

sub-sandwich roll
Kraft sun-dried tomato salad dressing
avocado, sliced
red onions, quartered & sliced very thin
havarti cheese, sliced
chicken, oven-baked, deli-sliced (Albertson's Deli usually carries this)
cucumber, sliced
olives, sliced (opt.)

Cut roll in half lengthwise. Cover one side with sun-dried tomato salad dressing and set other half on top of dressing; turn over and let set for a minute to absorb well. Open roll and layer in order – avocado, onion, cheese, chicken, and cucumber. (This order helps keep ingredients from sliding around too much.)

ALTERNATE: Also incredible on Milton's "Original" Healthy Multi-Grain Bread. Use Miracle Whip or mayonnaise with a touch of mustard and/or creamy horseradish instead of sun-dried tomato salad dressing.