



CONTENTS

Page No.	Recipe Title
4.	SAUSAGE ON RYE SLICES
5.	REUBEN SANDWICH
6.	BEER - OX SANDWICHES (German)
7.	SUPER HAM SANDWICHES
8.	BARBECUED BEEF SANDWICHES
9.	CHEF SALAD SANDWICH
10.	EGG SALAD SANDWICH
11.	TEX - MEX BURGERS
12.	EASY PIZZA BURGERS
13.	MONTE CARLO SANDWICHES
14.	GRILLED TUNA AND DILL HAVARTI SANDWICH
15.	STUFFED SANDWICH TO GO
16.	HAWAIIAN CRESCENT SANDWICHES
17.	FAST SKILLET BEEF KABOB SANDWICH
18.	CHICKEN SANDWICHES
19.	BIG SANDWICH
20.	HOE DOWN SANDWICHES
21.	MCMAHON SANDWICH
22.	DELUXE CHICKEN SANDWICH
23.	TURKEY SANDWICHES
24.	HERO SANDWICH
25.	GLORIFIED BLT SANDWICH
26.	HAM AND SWISS SANDWICHES
27.	OPEN FACED MEAT LOAF SANDWICHES
28.	CHICKEN AND PEPPERS SANDWICHES
29.	NEW YORK SUBMARINE SANDWICHES
30.	DIJON CHEESESTEAK SANDWICHES
31.	SUPER BOWL SUBS
32.	SUPER DUPER SANDWICHES
33.	GOLDEN WEST SANDWICH
34.	STROMBOLI HOT ITALIAN SANDWICH

35. OPEN FACED HAWAIIAN SANDWICH
36. GRANDMA'S TUNA-CHEESE SANDWICHES
37. CRISPY FRIED FISH SANDWICHES
38. ARMENIAN SANDWICHES
39. MEATBALL SANDWICH
40. LIBERTY BELL STEAK SANDWICH
41. ORTEGA SANDWICHES
42. FRENCH TOASTED SANDWICHES
43. SEBASTIAN SANDWICH
44. HOT SALAD SANDWICHES
45. CLUB SANDWICH CHICKEN
46. MEXICALI SANDWICH
47. ADIRONDACK SANDWICHES
48. TURKEY 'N CHIVE SANDWICH
49. POLISH SANDWICHES
50. ITALIAN ROAST BEEF SANDWICH
51. CAJUN CUTLET SANDWICH
52. TUNA PUFF SANDWICH
53. SNAPPY HAM SANDWICHES
54. MEAT AND SLAW TAILGATE SANDWICH
55. WEST POINT SANDWICH
56. PORK SANDWICH (THE MIKADO)
57. SALMON SALAD COUNTRY CLUB SANDWICH
58. SEVEN LAYER TACO SANDWICH
59. TURKEY WALDORF SANDWICH
60. RUSSIAN SANDWICH
61. CELEBRATION PICNIC SANDWICH
62. MALIBU CHICKEN SANDWICH
63. TERIYAKI SLOW COOK SANDWICHES
64. CROQUE MONSIEUR SANDWICHES
65. CHICKADO'WICHES
66. QUICK (KULWIK) SANDWICHES
67. STROGANOFF STEAK SANDWICH
68. TRIPLE-DECKER SANDWICH
69. ITALIAN SUBMARINE SANDWICH
70. CHAMPION CHEESE STEAK SANDWICH
71. STROMBOLI SANDWICHES
72. HAWAIIAN FARMER SANDWICHES
73. CHEDDAR APPLE SMOKED TURKEY SANDWICH
74. DAGWOOD BUMSTEAD SANDWICH
75. DAGWOOD ITALIANO
76. EVERYONES FAVORITE PASTRAMI SANDWICH
77. GREEK GYRO
78. SYMPHONY SANDWICHES
79. BARBECUED PORK SANDWICHES
80. BAVARIAN BEEF SANDWICH

81. BEEF AND PORK TENDERLOIN SANDWICHES
82. CAJUN CHICKEN SANDWICHES
83. CHARLIE'S WRAP SANDWICH
84. CHICAGO ITALIAN BEEF SANDWICHES
85. CHICKEN SLOPPY JOES
86. CIRCULAR SANDWICH
87. COLD TURKEY REUBEN SANDWICH
88. CRUNCHY TURKEY SANDWICH MELTS
89. DOUBLE-DECKER CHEESE MELT
90. FIESTA STYLE SLOPPY JOES
91. FRENCH TOAST CHEDDAR SANDWICHES
92. GERMAN BEEFSTEAKS
93. GRILLED CHEESE-CHIPOTLE SANDWICH
94. GRILLED CUBAN SANDWICH
95. GRILLED PORTABELLO MUSHROOM SANDWICH
96. GRILLED SALMON & CHEDDAR SANDWICHES
97. HALF-TIME BEEF SANDWICHES
98. HIGH ROLLER SANDWICHES
99. HULA HAM SANDWICH
100. INTERNATIONAL TURKEY SANDWICH
101. JOEGIE
102. LISAS' HOT ITALIAN MEATBALL SANDWICHES
103. MILE HIGH SHREDDED BEEF

SAUSAGE ON RYE SLICES

1 lb. hot sausage
1 lb. lean ground beef
1 lb. Velveeta cheese
1 tbsp. Worcestershire sauce
Salt and pepper
3 loaves cocktail rye slices

Fry sausage with beef. Drain drippings. Add cheese, oregano, Worcestershire sauce. Salt and pepper to taste. Stir until cheese melts. Spread on rye slices. Freeze on cookie

REUBEN SANDWICH

8 slices pumpernickel or dark bread
1/2 lb. thinly sliced corned beef
1 (8 oz.) can well drained sauerkraut
2 tbsp. Thousand Island dressing
4 sliced Swiss cheese

Toast bread and arrange four slices on paper plates. Top each slice with corned beef, then sauerkraut, salad dressing, and cheese. Top with other slices of bread. Cook uncovered 3 to 3 1/2 minutes, or until cheese is melted. Serve immediately.

BEER - OX SANDWICHES (German)

For 12 Hoagie Rolls (serves 5-6). 2 1/2 lb. lean ground beef

1 med. size head cabbage, chopped

1 med. onion, chopped

2 tbsp. garlic powder

1 tbsp. crushed red pepper

Salt & pepper to taste

2 1/2 c. grated Cheddar cheese

(optional)

Brown ground beef, onion and allspice. Add cabbage. Cover and simmer for 1 hour or low heat, stirring occasionally. Slice rolls lengthwise halfway through. Hollow out center of roll to form cup and stuff with meat mix. Place on foil lined cookie sheet. Top both halves

SUPER HAM SANDWICHES

- 1 stick margarine
- 1/4 c. mustard
- 1/4 c. minced onion
- 1 lb. shaved deli ham
- 1 lb. Mozzarella cheese, sliced
- 3 pans ready to serve finger rolls

Saute onion in margarine. Add mustard. Split each pan of rolls and brush both sides with mixture. Layer on cheese and ham. Return to roll pan and cover with foil. Heat in 350 degree oven until cheese is melted. Cut into individual sandwiches.

BARBECUED BEEF SANDWICHES

4 lb. beef, roast
2 tbsp. vinegar
1 sm. bottle ketchup
2 c. celery, chopped
3 onions, chopped
1 tbsp. salt
2 tbsp. Worcestershire sauce
1 tbsp. chili powder
2 c. water

Pour over roast. Bake in 275 to 325 degree oven for 5 hours or put into crock pot. Break apart or shred after it is cooked.

CHEF SALAD SANDWICH

4 slices fresh dark rye bread
2 tsp. butter
Iceberg or leaf lettuce
1/2 c. Thousand Island dressing
1 (3 oz.) pkgs. water-sliced cooked ham
1 (3 oz.) pkg. water-sliced smoked turkey
4 oz. sliced Swiss cheese
2 hard cooked eggs
8 black olives, pitted
8 red cherry tomatoes
4 sweet gherkins
6 slices crisp, cooked bacon
4 slices dark rye bread, toasted, buttered

1. Butter the untoasted bread. Place it on each of four serving plates.
2. Top each slice with lettuce.
3. Spread 2 tablespoons of dressing over lettuce.
4. Divide the ham and turkey into four portions each. Arrange on top of each serving. Top with cheese, cut into julienne sticks.
5. Arrange on each sandwich 2 quarters of hard cooked eggs, 2 black olives, 2 red cherry tomatoes, halved, and 1 sweet gherkin, halved.
6. Top with bacon. Add more dressing or pass dressing in a small bowl.
7. Surround with toasted rye bread, cut into quarters. 4 servings.

EGG SALAD SANDWICH

1 tbsp. butter
2 tbsp. sugar
3 tsp. vinegar
1/2 c. milk
1 tbsp. flour
1 egg, beaten

Combine all ingredients, stirring constantly. Boil until thick. Remove from heat and add: 9 eggs, hard-boiled, 8 oz. cream cheese, 2 tbsp. onion, minced, 1 sm. can pimento, finely cut.

Stir and refrigerate until all is cold.

TEX - MEX BURGERS

1 1/2 lb. ground beef
1 (4 oz.) can green chilies, drained
and chopped
3 oz. jack cheese, cut into 1/4" cubes
6 hamburger buns
6 tbsp. sour cream
6 tbsp. salsa
6 lettuce leaves (optional)

Heat grill or skillet. Shape ground beef into twelve 3 1/2" patties. Place six patties on waxed paper. Top each one with 1/6 of the chilies and cheese. Place remaining patties over stuffing. Press edges to seal. Grill or fry until burgers are done. Serve on buns with sour cream, salsa and lettuce.

EASY PIZZA BURGERS

- 1 (12 oz.) can Spam, ground
- 1 lg. can Hormel Chili Without Beans
- 2 c. American cheese, shredded
- 1/2 c. onion, chopped

Mix all ingredients together. Spread on open-faced hamburger bun. Place on cookie sheet and broil in oven for 5 minutes or until cheese is melted and edges are brown.

MONTE CARLO SANDWICHES

8 slices whole wheat bread, dry or old
4 slices ham, cooked
4 slices turkey breast, cooked
4 slices Swiss cheese
4 eggs, beaten
1/2 c. milk
1/4 tsp. salt

On each of four bread slices, place 1 slice each of ham, turkey and cheese. Cover with remaining slices of bread. In a bowl, beat eggs, milk and salt together. Dip each sandwich carefully into egg mixture, turning to dip each side. Fry in sprayed or oiled pan like you would French toast, making sure cheese is melted and meat is hot. May be put on sprayed cookie sheet; bake at 375 degrees, turning once.

GRILLED TUNA AND DILL HAVARTI SANDWICH

If you can't find semolina bread (crusty Italian bread made with semolina flour), use an Italian or sandwich loaf. 1 (6 1/2 or 7 oz.) can solid white

tuna, drained & flaked

3 tbsp. mayonnaise

2 tbsp. celery, diced

1 tbsp. parsley, chopped

1 tbsp. red onion, diced

1/4 tsp. freshly ground pepper

1 loaf (about 14 inches) semolina bread

1 c. shredded dill Havarti cheese

4 tbsp. butter or margarine, softened

In small bowl, combine tuna, mayonnaise, celery, parsley, onion and pepper until well blended. Cut bread on a sharp diagonal into eight 1/2 inch slices, each about 6 inches long. (Reserve any remaining bread for another use.) Layer each of 4 slices with 1/4 cup tuna mixture and 1/4 cup grated cheese. Spread each remaining slice lightly with about 1/2 tablespoon butter and place buttered side up on cheese. In large heavy skillet, cook sandwiches buttered side down over high heat until golden. Butter tops lightly; turn with a large spatula and cook other sides until golden. Makes 4 sandwiches,

STUFFED SANDWICH TO GO

1 8 oz. cream cheese
1/4 c. finely chopped green onion
1/4 c. finely chopped walnuts
1/4 tsp. garlic powder
1 loaf unsliced French Vienna 12" x
5" bread
1/4 lb. fresh spinach
1/2 lb. Swiss cheese
1/2 c. alfalfa sprouts
Butter
3/4 lb. boiled ham, sliced thin
Heavy duty foil, enough to wrap loaf.

Stir together cream cheese, walnuts, green onion and garlic. Set aside. With serrated knife, slice top off the bread. Cut down around loaf edge about 1/2" from the side and bottom crust. With a fork pull out the interior bread. Butter the cavity and top slice, line the cavity with ham so that slice overlaps sides. Top with half the spinach then half the Swiss cheese. Spread cream cheese mixture over Swiss cheese layer. Top with alfalfa sprouts, the the remaining Swiss cheese and remaining spinach. Fold the ends of ham over spinach to cover top. Wrap bread in foil. Chill several hours. Slice and serve.

HAWAIIAN CRESCENT SANDWICHES

- 1 can Pillsbury quick crescent dinner rolls
- 1 can sm. chunk style ham (Hormel)
- 1/3 c. crushed pineapple, drained
- 1/2 c. shredded Monterey Jack cheese
- 1/4 c. diced green pepper

Press dough into 4 rectangles (7x4 inches). Place dough on ungreased cookie sheet. Press perforations to seal. In a bowl mix ham, pineapple, cheese and green pepper. Evenly divide mixture into rectangle; fold over to cover. Bake 13-18 minutes or until golden. Serve with fruit salad or tossed salad or a cup of soup.

FAST SKILLET BEEF KABOB SANDWICH

1 lb. well-trimmed boneless beef top
sirloin steak, 1 inch thick, cut into 1 1/2 inch cubes
1 tsp. each garlic powder,
lemon-pepper and char-grill
seasonings
2 tbsp. butter (divided)
1 med. onion (sliced thin)
1 each lg. green and red peppers (cut
into rings)
2 (6 inch) pita bread rounds (cut
into halves)
Tomato wedges
Parsley sprigs

Place steak cubes in a small bowl; sprinkle with garlic powder and lemon-pepper seasoning. Set aside. Over medium-high heat, sprinkle char-grill seasoning into a large iron skillet. Add one tablespoon butter, melt and add beef cubes. Cook 5 to 7 minutes, turning once. Remove beef cubes to heated platter to keep warm. Add reserved butter to same skillet and melt. Add onion and pepper rings. Stir fry 3 minutes. To serve, arrange pepper rings on platter, alternating colors. Spoon beef cubes inside and outside of rings.

CHICKEN SANDWICHES

1 lg. or 2 sm. chickens
3 eggs
Salt and pepper
Celery salt
2 to 3 slices dry bread
Chicken broth

Cook chicken and remove meat from bones. Shred chicken; do not grind. Add beaten eggs, salt, pepper, celery salt and broken up bread. Add chicken broth to make right consistency for a sandwich. Bake at 350 degrees for 1 hour or longer, if needed.

BIG SANDWICH

Trim crusts from unsliced white or wheat bread. Cut loaf into four lengthwise slices, spread one side of each slice with softened butter.

--FIRST SLICE TOPPING:--

1 hard cooked egg, chopped
7 oz. can chopped shrimp
1/4 c. chopped celery
2 tsp. lemon juice
Dash salt & pepper
1/4 c. mayonnaise
Mix well. Spread on top of first slice of bread.

--SECOND SLICE TOPPING:--

3 oz. pkg. cream cheese
1 c. finely chopped pecans
9 oz. can well drained crushed
pineapple
Mix well. Spread on top of second slice of bread.

--THIRD SLICE TOPPING:--

8 slices crisp bacon, crumbled
1 c. finely chopped, cooked chicken
1/4 c. mayonnaise
1 tbsp. chopped pimienta
Dash salt & pepper
Mix well. Spread on top of third slice of bread. Top with remaining slice and coat top and sides with the following frosting.

--FROSTING:--

2 (8 oz.) pkgs. softened cream cheese
1/2 c. half & half
Food coloring
Paper thin slices of cucumber

Mix cream cheese and half and half. Add food coloring to mixture (a delicate green). Garnish top with paper thin slices of cucumber overlapping the length of the loaf. Chill in refrigerator two or three hours. Serves 12 to 14.

HOE DOWN SANDWICHES

4 hard-cooked eggs, chopped
3/4 c. ham, chopped
16 whole wheat bread slices
16 cheese slices
1/4 c. celery, chopped
1/4 c. dill pickle, chopped
Salad dressing
Margarine

Combine eggs, ham, celery, pickle and enough salad dressing to moisten. Mix lightly. For each sandwich, cover slice of bread with cheese, egg mixture and second slice of cheese and second slice of bread. Spread bread with margarine. Place sandwich on cookie sheet. Broil on each side until golden brown and cheese melts. Makes 8 sandwiches.

MCMAHON SANDWICH

3/4 c. Miracle Whip salad dressing
2 tbsp. Kraft Pure Prepared Mustard
2 tbsp. dill pickle relish
1 Italian or French bread loaf, cut
in half lengthwise
Shredded lettuce
Bologna slices
Salami slices
Turkey slices
Cucumber slices
Tomato slices
Onion rings
Kraft American Singles Pasteurized
Process Cheese Food

Combine salad dressing, mustard and relish; mix well. Spread bread loaf with salad dressing mixture; fill remaining ingredients as desired. Yield: 6 to 8 servings.

DELUXE CHICKEN SANDWICH

1 (6 oz.) can Swanson premium chunk
white chicken, drained
1/3 c. chopped cucumber
1 tbsp. non-fat mayonnaise dressing
1/8 tsp. dried dill weed, crushed
2 sandwich buns, split
Spinach leaves
Tomato slices

In medium bowl combine chicken, chopped cucumber, mayo, dressing and dill weed; toss gently to mix well. Cover; refrigerate for 2 to 4 hours. Serve on bottom halves of sandwich buns, arrange spinach, tomato and chicken filling. Replace top halves. Makes 2 sandwiches. Northwest Singles Squares

TURKEY SANDWICHES

8 slices whole wheat or rye bread
Reduced calorie salad dressing
1 med. onion, thinly sliced, red or white
4 oz. fresh mushrooms, sliced
Lettuce leaves
12 oz. shaved turkey

Lightly spread bread with salad dressing. Using 1 teaspoon oil, saute onion and then mushrooms; cook until tender. Layer with turkey slices, onion and mushroom mixture, lettuce and top with remaining slices of bread. Open face sandwiches can be made by layering turkey, onion and mushroom mixture and then topped by slice of Mozzarella cheese. Heat in toaster oven or broiler until cheese begins to melt and slightly browned.

HERO SANDWICH

3/4 lb. ground beef
1/3 c. evaporated milk
1/4 c. ground cracker crumbs (bread)
1 egg
1/4 c. chopped onion
1 tsp. prepared mustard
1/8 tsp. pepper
3/4 tsp. salt
1 c. grated cheese

Mix together and bake at 350 degrees for 40 minutes. Wrap in foil and spread on buns or bread.

GLORIFIED BLT SANDWICH

1 piece toasted bread

Lettuce, shredded

Onion, thinly sliced

Tomato, thinly sliced

Cover this with cheese sauce, topped with two or three pieces of crisp bacon.

--CHEESE SAUCE:--

2 tbsp. butter, melted

2 tbsp. flour

Salt and pepper

Add one cup of milk. When thickened, add 1 cup grated cheese. Cook until thick, stirring all the time.

HAM AND SWISS SANDWICHES

1/2 c. melted butter
2 tbsp. grated onion
1 tbsp. poppy seed
2 tbsp. mustard
2 tbsp. mayonnaise
Ham, sliced very thin
Swiss cheese, sliced very thin
Bi-Lo Dinner rolls, or Tatum rolls

Mix together first five ingredients. Cool and stir to distribute poppy seeds throughout. Refrigerate at least 2 hours. Split rolls and spread generous amount of dressing on each side. Tear small pieces of the ham and cheese

OPEN FACED MEAT LOAF SANDWICHES

1 lb. ground chuck
1/3 c. chopped green pepper
1/3 c. chopped onion
1/3 c. soft bread crumbs
1/4 c. skim milk
1 egg, beaten
1 tbsp. reduced calorie catsup
1/4 tsp. garlic powder
1/4 tsp. salt or Papa Dash
1/4 tsp. pepper
Vegetable cooking spray
1 (8 oz.) can no salt added tomato sauce
1/4 tsp. dried whole oregano
1/4 tsp. dried whole marjoram
6 (1/2 inch thick) slices Italian bread, toasted

Combine first 10 ingredients in a medium bowl; stir well. Spoon mixture into a 7 1/2 x 3 x 2 inch loaf pan that has been coated with cooking spray. Bake at 350 degrees for 1 hour and 10 minutes. Cool in pan 5 minutes. Remove from pan; drain well on paper towels. Let stand 5 minutes before cutting into 1 inch slices. Combine tomato sauce, oregano, and marjoram in a small saucepan. Bring mixture to a boil. Cover; reduce heat, and simmer 10 minutes, stirring occasionally. Place toasted bread slices on serving platter. Top each slice with a meatloaf slice. Spoon 2 tablespoon tomato sauce over each sandwich.

CHICKEN AND PEPPERS SANDWICHES

4 boneless chicken breast halves (1 lb.), skinned
2 tbsp. lemon juice
2 tbsp. water
2 tbsp. olive oil
1 tsp. dried whole basil
1 tsp. dried whole oregano
1 clove garlic, crushed
Dash of pepper
Vegetable cooking spray
1/2 c. (2 oz.) shredded part skim Mozzarella cheese
3 tbsp. finely chopped green pepper
3 tbsp. finely chopped sweet red pepper
2 tbsp. finely chopped onion
4 curly leaf lettuce leaves
2 whole wheat hamburger buns, split

Trim excess fat from chicken breast halves. Place chicken between 2 sheets of wax paper, and flatten to 1/4 inch thickness, using a meat mallet or rolling pin. Place chicken breast halves in a shallow container. Combine lemon juice and next 6 ingredients, stirring well. Pour over chicken. Cover and marinate in refrigerator 2 hours. Remove chicken from marinade, reserving marinade. Arrange chicken on a grill coated with cooking spray. Grill 6 inches over hot coals 15 minutes, turning and basting with reserved marinade every 5 minutes. Remove chicken from grill, and sprinkle with cheese. Set chicken aside, and keep warm. Coat a medium skillet with cooking spray. Place over medium heat until hot. Add green pepper, sweet red pepper, and onion. Saute 2 minutes or until tender. Remove from heat. Place lettuce leaves on 4 bun halves. Place reserved chicken on lettuce leaves. Top each bun half with 2 tablespoon pepper mixture. Yield: 4 servings

NEW YORK SUBMARINE SANDWICHES

4 (6") or 2 (12") hoagie rolls
Olive oil
Red wine vinegar
Italian seasoning
12 slices provolone cheese
12 slices boiled ham
12 slices hard salami
2 sliced tomatoes
1/4-1/2 head shredded lettuce
1 sm. onion, sliced into thin rings

Split rolls. Sprinkle liberally with olive oil. Then vinegar and then the Italian seasoning. Layer 3 slices each of the provolone, ham and salami on each roll. (Or 6 each on the 12 inch rolls.) Place sliced tomatoes, onions and shredded lettuce on top of cold cuts. Slice 12 inch rolls in half to serve. Serves 4.

DIJON CHEESESTEAK SANDWICHES

1/2 lb. Velveeta cheese, cubed
1/4 c. milk
1 tbsp. Dijon mustard
1/4 c. green onion slices
2 tbsp. margarine
1 lb. thin roast beef slices
6 (8 inch) French bread rolls, split

Combine Velveeta cheese, milk and mustard in saucepan; stir over low heat until smooth. Saute onions in margarine. Add meat, mix lightly until thoroughly heated. Fill rolls with meat mixture - top with sauce. Makes 6 sandwiches.

SUPER BOWL SUBS

1 loaf (16 inches long) Italian bread
1 med. avocado, mashed
1 tbsp. lemon juice
1 tbsp. mayonnaise
1/2 tsp. salt
1/4 tsp. hot pepper sauce
1 clove garlic, minced
8 oz. cooked turkey meat
7 oz. sliced Monterey Jack cheese
2 med. tomatoes, sliced
1/4 c. chopped scallion
1 (4 oz.) can sliced green chilies,
drained and cut into strips
12 pitted ripe olives, sliced (optional)

Halve bread lengthwise and crosswise to make quarters. Place 2 bread pieces on oven pan of toaster oven. Toast, watching carefully to avoid over browning. Repeat with rest of bread. In a small bowl, mash avocado with lemon juice, mayonnaise, salt, pepper sauce and garlic. Spread 1/4 of mixture on toasted bread surface. Layer 1/4 of turkey, cheese, tomato and onion over top of each. Top with chilies. Place 2 sandwiches on oven pan of toaster oven and brown until cheese is bubbly. Repeat with remaining sandwiches. Serve hot, garnished with olives.

SUPER DUPER SANDWICHES

3 English muffins, split and toasted
3 tbsp. butter or margarine
1 lg. tomato, cut in 6 slices
1 can (6 1/2 oz) tuna, drained and flaked
2 tbsp. mayonnaise
3 slices cheddar or Swiss cheese

Spread muffins with butter. Arrange in circle on large paper towel-lined microproof plate. Place tomato slice on each muffin. Mix tuna and mayonnaise until blended. Divide and spoon tuna over tomato slices. Cut cheese diagonally in half to form triangles. Place 1 triangle of cheese on each muffin. Use "defrost" cycle and cook 7 to 8 minutes or until cheese melts and muffin topping is warm. Let stand 2 minutes before serving. A single split muffin can be prepared and cooked on "defrost" cycle for 1 to 1 1/2 minutes. Toasted bread can be substituted for English muffins.

GOLDEN WEST SANDWICH

2 slices bread

2 slices American cheese

1 slice boiled ham

Make sandwich, ham between cheese. Then dip in batter of 1 egg beaten, plus 4 tablespoon milk. Brown in greased frying pan. (A nice luncheon dish.)

STROMBOLI HOT ITALIAN SANDWICH

- 1 lb. frozen bread dough, defrosted and rolled into a rectangle
- 1 layer sliced salami, placed down center of dough full length
- 1 layer ham, placed as above
- 1 layer Mozzarella cheese, placed as above

Season with pepper, oregano and olive oil. Roll up; tuck in ends. Baste with beaten egg and sprinkle with Parmesan cheese. Bake at 375 degrees about 20 minutes or until brown. Let cool slightly. Slice and serve warm.

OPEN FACED HAWAIIAN SANDWICH

4 slices bread toasted
4 slices pineapples, drained
Miracle Whip
9-12 slices bacon, cooked & drained
4 slices white American cheese

Spread toast with Miracle Whip. Put pineapple on top of that. Put cooked bacon on top of pineapple and put white American cheese. Slice on top of bacon. Put on cookie sheet and cook until cheese is melted. Bake at 350 degrees for 3-5 minutes.

GRANDMA'S TUNA-CHEESE SANDWICHES

- 1 lb. Velveeta cheese, diced
- 2 (7 oz.) cans tuna
- 1/2 c. chopped olives
- 1 (10 oz.) can tomato puree
- 2 tbsp. onion, minced
- 2 tbsp. green pepper, chopped
- 2 tbsp. celery, diced

Mix and let stand several hours in refrigerator. Spread generously on hamburger buns (16). Wrap in foil and bake 45 minutes at 250 degrees.

CRISPY FRIED FISH SANDWICHES

1 lb. fresh or frozen fish fillets
(haddock, cod, or halibut)
1 egg, slightly beaten
1 c. crumbs (cracker, dried bread, or
corn flakes)
Crisco oil for frying
6 buns
6 sandwich buns
6 tbsp. tartar sauce

Cut fresh or partially thawed fish into 6 (3 inch) squares about 1/2 inch thick. Dip fish portions in egg, then in crumbs. Fry fish in 1/4 to 1/2 inch Crisco oil heated to 350 degrees in electric skillet until golden brown, about 4-6 minutes on each side. Drain on paper toweling. Place one slice of cheese on bottom half of sandwich bun. Top with hot fried fish. Spread 1 tablespoon tartar sauce over fish. Cover with top half of bun.

ARMENIAN SANDWICHES

2 lg. rounds Armenian cracker bread
3 tbsp. low-calorie mayonnaise
3 tbsp. Dijon-style mustard
2 oz. Neufchatel cream cheese,
softened
1 c. sliced cucumber
1 c. sliced tomatoes
1 c. shredded leaf lettuce
2 tsp. herbal salt substitute

Place one cracker bread on a clean dampened dish towel. Spray the surface of the bread with a plant mister filled with water, until you can see a light glaze of water on the surface of the bread. Cover with another dampened towel, then pile the second cracker bread on top. Mist that one and cover with two dampened towels. Every 10 minutes, remove towels, turn the breads over, mist them again, then replace the layers of towels. Repeat this for 20 minutes or until both crackers are soft enough to bend without tearing or cracking. In a small bowl, combine the mayonnaise, mustard, and cream cheese. Spread a strip of this mixture across the center of one cracker bread. Place a row of cucumbers, tomatoes and lettuce on top of the spread, and sprinkle with herbal salt. Starting with the end closest to you, roll the bread tightly, as if rolling a sleeping bag. When you come to the edge of the bread, seal roll with an extra dab of cream cheese. Repeat with a second cracker bread. Place rolls seam-side down on counter; slice into 2-inch rounds. If you need to, secure each with a toothpick. Place on a plate and cover with plastic wrap until ready to serve. Makes 20 sandwiches, 5 servings.

MEATBALL SANDWICH

1 1/2 lb. hamburger
1 chopped onion
3/4 c. cracker crumbs
2 eggs
1 tsp. celery seed
Salt and pepper
1 jar spaghetti sauce
1/2 c. Parmesan cheese

Mix hamburger, onion, celery seed, eggs, cracker crumbs, Parmesan cheese and salt and pepper, real good. Make into balls, put into flat baking pan. Put in oven at 450 degrees until brown. Put into dutch oven, pour spaghetti sauce, simmer for about 1 hour with lid on. Serve on buns.

LIBERTY BELL STEAK SANDWICH

1 lg. onion, sliced
2 tbsp. margarine
1 lb. thin roast beef slices
1 (8 oz.) jar Cheez Whiz cheese
6 (6 inch) French bread rolls,
partially split and heated

Saute onions in margarine, remove onions from skillet. Add meat to skillet, heat thoroughly, stirring occasionally. Heat process cheese spread in saucepan over low heat. Fill rolls with meat and onions. Top with process cheese spread. Makes 6 sandwiches.

ORTEGA SANDWICHES

Leftover roast or steak

6 hard cooked eggs

1 can chopped ripe olives

1 can (10 oz.) tomato sauce

6 oz. oil

Salt, pepper, garlic salt

1 1/2 c. mild Cheddar cheese, shredded

1 (7 oz.) can chopped green chilies

2 to 3 jalapenos, chopped

Hard rolls

Grind meat. Chop eggs and olives and shred cheese. Mix all ingredients together well. Put mixture on hard rolls and wrap each roll in foil and freeze. When ready to eat, heat rolls in oven for 15 minutes at 350 degrees. You can make these as mild or as hot as you want. Good for lunches, camping or just a hot snack.

FRENCH TOASTED SANDWICHES

3 eggs, beaten

1/2 c. milk

1 tsp. sugar

1/4 tsp. salt

Ham, chicken, turkey, corn beef, or
cheese slices

1/4 c. melted butter or margarine

12 slices bread

Using your favorite bread and 1 of the fillings, make up to 6 sandwiches. Beat together eggs, milk, sugar, and salt in pie plate with fork. Dip each mixture, turning to coat both sides. Brown sandwiches on both sides in melted butter or margarine in medium skillet over medium high heat.

SEBASTIAN SANDWICH

12 slices rye bread
Butter or oleo
2/3 c. mayonnaise
1/3 c. chopped chutney
1 tbsp. curry powder
1 tsp. salt
3 c. shredded cabbage
1 lb. sliced baked ham
6 slices cheddar cheese

Butter both sides of bread. Combine mayonnaise, chutney, curry powder and salt; fold in cabbage. On each of 6 slices of bread, place equal amounts of sliced ham, about 1/2 cup cabbage mixture and 1 slice cheese. Top with remaining bread slices. Grill both sides until golden brown. 6 sandwiches.

HOT SALAD SANDWICHES

1 c. shredded cheddar cheese
1/2 c. diced cucumber
1 tbsp. minced onion
1/4 c. sour cream
1/8 tsp. chili powder
4 slices bread, toasted
4 lg. thick tomato slices
8 slices dill pickle
Paprika

Mix cheese, cucumber, onion, sour cream and chili powder. Arrange 1 tomato slice and 2 pickle slices on each bread slice. Divide cheese mixture over the 4 slices. Sprinkle with paprika. Broil until cheese melts and is heated through.

CLUB SANDWICH CHICKEN

Boneless, skinless chicken breasts

Mayonnaise

Dijon mustard

Seasoned bread crumbs

Thin sliced ham

Swiss cheese

Toothpicks

Brush one side of each chicken breast with mayonnaise. Brush the other side of each chicken breast with mustard. Cover both sides with seasoned bread crumbs. Place a slice of ham and a slice of cheese on one side of the coated breast. Roll the breast, with cheese and ham inside, into a tight package and secure with a toothpick. Bake at 350 degrees until done.

MEXICALI SANDWICH

1/2 c. mayonnaise
1 (8 oz.) Philadelphia Brand cream
cheese
6 hard-cooked eggs, chopped
1/4 c. chopped green pepper
1 tbsp. chopped onion
12 slices whole wheat bread

Gradually add mayonnaise to softened cream cheese, mixing until well blended.
Add eggs, green pepper, and onion; mix well. Makes 6 generously filled
sandwiches.

ADIRONDACK SANDWICHES

8 slices lean bacon
1/2 c. chopped onion
1 (16 oz.) can baked beans
2 tbsp. prepared chili sauce
1/4 c. creamy or chunky peanut butter
4 lg. slices whole grain bread,
toasted
1/2 c. shredded Cheddar cheese

Preheat broiler. In a large skillet, over medium heat, cook bacon until crisp; drain on paper towels. Pour off all but 1 tablespoon grease. Add onion; cook 2 minutes or just until tender. Stir in baked beans and chili sauce; heat through. Over low heat, stir in peanut butter; blend until smooth. Spoon about 1/2 cup bean mixture onto each bread slice; top each with 2 bacon strips and 2 tablespoons cheese. Broil 6 inches from heat, 1-2 minutes or until cheese melts.

TURKEY 'N CHIVE SANDWICH

8 oz. pkg. cream cheese, softened
2 tbsp. chopped fresh chives
4 individual French bread rolls, split
4 lettuce leaves
8 slices cooked turkey
1 med. sliced tomato
1 med. sliced green pepper
4 slices Swiss cheese

Combine cream cheese and chives, spread on roll halves. To make sandwiches layer lettuce leaf, 2 slices turkey, tomato, green pepper and 1 slice cheese.

POLISH SANDWICHES

1 lb. ground beef
1/2 c. chopped onion
1/2 c. chopped green pepper
2 tbsp. margarine
1 jar beef gravy
2 c. shredded cabbage
1/2 c. shredded cheddar cheese

In skillet, brown meat and cook onions and green peppers in margarine until tender. Stir in gravy and cabbage. Cook over medium heat until cabbage is tender. Serve on rolls and top with cheese. Salt and pepper may be added.

ITALIAN ROAST BEEF SANDWICH

4-6 lbs. roast beef
3-4 lg. onions
1 tbsp. salt
1/4 tsp. pepper
1/2 tsp. marjoram
1-2 lg. carrots
1/2 tsp. salt
1/2 tsp. garlic
1/2 tsp. Italian seasoning
1/2 tsp. seasoning salt
1/4 tsp. basil
1/2 tsp. oregano

Place beef in roasting pan. Fill pan half full with water. Sprinkle roast with half of the tablespoon salt, put remainder in water. Lay sliced onion and carrots over roast and in water. Sprinkle with marjoram. Roast meat at 350 degree in covered pan 3-4 hours. Refrigerate roast overnight in broth. Next day, slice very thin. Bring beef broth to boil, add seasonings and simmer 5 minutes. Carefully lay sliced beef into broth, keeping slices intact. Pour broth over beef. Cover and heat in 350 degree oven. Serve on buttered buns or hard rolls. (Butter keeps rolls from getting soggy.) Serves 12-14.

CAJUN CUTLET SANDWICH

1/2 c. mayonnaise
1 tbsp. chopped fresh parsley
1 tsp. fresh lemon juice
1/2 tsp. grated lemon peel
1/2 tsp. salt
1/2 tsp. freshly ground pepper
1/2 tsp. cumin
1/4 tsp. paprika
1/8 tsp. ground red pepper
4 chicken cutlets, about 1/2" thick
3 tbsp. butter or margarine, melted
8 slices, about 1/2" thick, Italian
bread from lg. round loaf, toasted
4 lettuce leaves
8 thin slices red onion

Mix mayonnaise, parsley and lemon juice and peel in small bowl. Mix salt, pepper, cumin, paprika and red pepper in wide shallow bowl. Add chicken cutlets to spice mixture; turn to coat, then brush both sides with melted butter. Place in single layer on wax paper. Heat well seasoned large cast iron skillet over medium high heat just to smoking. Add half the cutlets and saute just until cooked through, 1 1/2-2 1/2 minutes per side. Transfer to plate and cover to keep warm. Repeat with remaining cutlets. Spread 1 tablespoon lemon mayonnaise over each slice bread; top 4 with lettuce leaf, 2 slices onion, chicken cutlet and second slice bread. Serve with potato salad.

TUNA PUFF SANDWICH

1 (7 oz.) can tuna, flaked
1 1/2 tsp. prepared mustard
1/4 tsp. Worcestershire sauce
1/4 c. Hellmann's mayonnaise
1 1/2 tsp. grated onion
2 tbsp. green pepper, chopped
3 hamburger rolls, split
6 slices tomatoes
1/2 c. mayonnaise
1/4 c. grated or shredded cheese or slices will do

Blend first 6 ingredients. Pile onto bun halves. Top each with tomato slices. Blend 1/2 the mayonnaise with cheese and spread on tomato slice. Broil 4 inches from heat, until topping browns and puffs. Takes a few minutes. Very good.

SNAPPY HAM SANDWICHES

2 cans (2 1/4 oz. each) deviled ham
2 lg. English muffins, cut in halves
1 (3 oz.) pkg. cream cheese
1/4 c. finely chopped onion
1/4 c. chopped stuffed olives
4 thin tomato slices
Mayonnaise

Toast cut side of each muffin in broiler. Combine cream cheese, onion and olives. Spread mixture on toasted side of each muffin half. Spread deviled ham over cream cheese mixture. Top each sandwich with a tomato slice. Spread tomato slice lightly with mayonnaise. Place under broiler until heated through. (4 sandwiches.)

MEAT AND SLAW TAILGATE SANDWICH

1 1/2 lbs. savory cabbage, about 4 c.
finely shredded
3/4 c. + 2 tbsp. mayonnaise
1 tbsp. Dijon
Salt & pepper
2 tomatoes
1 lg. round loaf crusty bread
1/2 lb. sliced ham
1/4 lb. sliced salami

Shred cabbage. Combine with 3/4 cup mayonnaise, the mustard, 1/4 teaspoon salt and 1/8 teaspoon pepper. Slice tomatoes. Cut bread in two horizontally about 1" from the bottom. Pull out soft bread leaving top and bottom crust and a 1" rim around the circumference. Spread bottom of bread with remaining 2 tablespoons mayonnaise. Cover with ham, salami and tomato slices. Pile coleslaw over tomatoes and cover with top of bread. Cut into 12 wedges to serve.

WEST POINT SANDWICH

Ready to bake rolls in aluminum pan

6 oz. pkg. slices Swiss cheese

8-9 oz. pkg. thin sliced ham

1 stick margarine

2 tbsp. grated onion

3 tbsp. mustard

2 tbsp. Worcestershire sauce

2 tbsp. poppy seeds

Turn rolls out of pan but do not separate. Slice through middle of rolls and set top aside. Mix all ingredients except ham and Swiss cheese. Spread on top and bottom of bread. Arrange ham and cheese on bottom half. Replace top half. Put back in pan and cover with foil. Bake at 350 degrees for 30 minutes. Serve hot.

PORK SANDWICH (THE MIKADO)

3 lbs. boneless pork roast, cooked
1/2 c. applesauce
5 tbsp. honey
5 tbsp. prepared mustard
2 eggs, beaten
1 tbsp. soy sauce
1/4 tsp. garlic powder
1/4 tsp. poultry seasoning
1/2 tsp. salt
1/4 tsp. pepper
3/4 c. bread crumbs
1/4 c. sesame seed
1/2 tsp. seasoned salt
Lard for browning
12 English muffins, split, toasted
Butter
Lettuce leaves

Slit 12 (2 oz.) slices from a double pork loin roast or 24 (1 oz.) slices from a single pork roast. Combine applesauce, mustard and honey; chill. Blend beaten eggs, soy sauce, garlic powder, poultry seasoning, salt and pepper. Combine bread crumbs, sesame seed and seasoned salt. Dip pork slices in egg mixture and coat with crumb mixture. Brown on both sides in lard on grill. Butter toasted English muffins. Place lettuce leaf on one half of each muffin and top with 2 ounces breaded pork slices. Spread applesauce mixture (approximately 1 tablespoon) on each of remaining muffin halves. Serve open faced or close for eating, if desired. Yield: 12 servings.

SALMON SALAD COUNTRY CLUB SANDWICH

24 slices white sandwich bread,
trimmed slightly

SALMON SALAD FILLING:

16 oz. canned red salmon, drained,
skinned, flaked & deboned

1/4 c. pimiento

1/4 c. green pepper, minced

1 tsp. onion, grated

1/4 c. Miracle Whip

Mix all ingredients together; set aside.

SPINACH SALAD FILLING:

16 oz. soft cream cheese

1/2 c. chopped parsley

1/2 c. minced fresh spinach

2 tbsp. milk

2 drops hot pepper sauce

Mix all ingredients together; set aside.

EGG SALAD FILLING:

6 eggs, hard cooked, chopped

1/2 c. celery, minced fine

1 tsp. grated onion

1/2 c. Miracle Whip

Season to taste

Mix all ingredients together; set aside. Spread 4 slices of bread with Miracle Whip for each sandwich. Line with lettuce and stack 3 different salads on 3 slices of bread and top with remaining slice of bread. Cut diagonally, and place on plate and serve. Tomato slices, gherkins and potato chips make a good accompaniment. Yield: 6 servings.

SEVEN LAYER TACO SANDWICH

1/2 c. coarsely chopped ripe olives
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/4 tsp. salt
1/2 c. mayonnaise
1/2 c. sour cream
1/2 c. sliced green onion
4 lg. oval slices French bread (about
1/2" thick)
1 lg. tomato, sliced
1 lb. thinly sliced roasted deli turkey breast
1 ripe avocado, peeled, seeded & sliced
3/4 c. shredded cheddar cheese
3/4 c. shredded Monterey Jack cheese
Lettuce leaves
Salsa

Combine olives, chili powder, cumin and salt in medium bowl; reserve 2 tablespoons. Stir mayonnaise, sour cream and onion into remaining olive mixture. Spread one side of each bread slice with half the mayonnaise mixture. Top with tomato and turkey. Spread remaining mayonnaise mixture on top of turkey. Top with avocado slices. Sprinkle with cheese. Transfer sandwiches to baking sheet. Bake at 350 degrees until heated through, about 15 minutes. Top with reserved olive mixture. Serve sandwiches on lettuce leaves with salsa.
Yield: 4 servings.

TURKEY WALDORF SANDWICH

1 c. turkey, cooked, trimmed, bones removed, cut into 1/2 inch cubes
1/2 c. celery, washed, ends removed, diced
1 sm. Red Delicious apple, washed, seeded, cored, and cut into sm. cubes
2 tbsp. shelled walnuts, chopped
1 tbsp. reduced-calorie mayonnaise or salad dressing
1 tbsp. non-fat yogurt
1/8 tsp. nutmeg
1/8 tsp. cinnamon
4 lettuce leaves, washed, dried
8 slices reduced-calorie raisin bread

In a medium size bowl, combine turkey, celery, apple, walnuts, mayonnaise, yogurt, nutmeg and cinnamon. Cover and refrigerate at least 1 hour or overnight to allow flavors to blend. To serve, arrange one lettuce leaf on one slice of bread. Spoon 3/4 cup turkey mixture over lettuce leaf and top with another bread slice. Repeat with remaining mixture, lettuce leaves and bread. Serves 4.

RUSSIAN SANDWICH

- 1 slice rye bread
- 1 slice baked ham
- 1 slice Swiss/Provolone cheese
- 1 slice white turkey; optional
- 3 slices tomatoes

On each individual plate, build each sandwich in above order. Pour dressing over each sandwich; sprinkle bacon bits; garnish with wedges of hard boiled eggs, carrot strips, olives, or lettuce.

DRESSING:

- 1 bottle Heinz chili sauce
- 10 oz. Heinz pickle relish
- 1 pt. mayonnaise

Mix all together well and pour over open face sandwiches. May be stored in refrigerator for future use.

CELEBRATION PICNIC SANDWICH

1 1/2 lb. round French bread
1/4 c. olive oil
2 cloves garlic, minced
3 lg. tomatoes, sliced
1/2 lb. assorted sliced luncheon meat
3 oz. sliced pepperoni or salami
1/4 lb. assorted sliced cheeses
6 oz. marinated artichoke hearts,
drained
2 1/4 oz. sliced black olives, drained
2 to 3 lg. dill pickles, sliced
lengthwise
1 mild red or white onion, sliced

OPTIONAL:

Mayonnaise
2 oz. anchovy fillets, drained

Cut bread in half horizontally. Hollow out the soft bread from top and bottom, leaving 1/2 to 3/4 inch shell. In small bowl combine the olive oil with the garlic. Brush cut surfaces of bread shells with oil. Spread with mayonnaise if desired. To assemble: Layer 1/3 of tomato slices on the bottom bread crust, then top with alternate layers of meats, pepperoni, cheeses, 1/2 the remaining tomatoes, artichoke hearts, olives, pickles, onion and anchovies, if desired. Top with remaining tomatoes and place the top crust on the filling, pressing down firmly. Seal the sandwich tightly in plastic wrap and foil. If made ahead, refrigerate. Just before serving, place the wrapped sandwich on a flat surface and press down firmly on top to flatten it. Unwrap and cut into wedges.

MALIBU CHICKEN SANDWICH

FOR 1:

1 breaded chicken breast, 3 oz.
boneless
2 oz. shaved ham (very thin)
1 oz. 1 slice processed sliced Swiss
cheese
1 hamburger bun

FOR 40:

40 breaded chicken breasts, 3 oz.
boneless
5 lbs. shaved ham (very thin)
2 1/2 lbs. process sliced Swiss cheese
40 hamburger buns

Shave ham. Place in pan. Keep warm on grill (not hot). Deep dry boneless chicken breast. Place hot cooked chicken breast on bottom half of hamburger bun. Top chicken with ham then cheese slice. Place in broiler 3 to 5 minutes until cheese starts to melt. Top with bun. Serve immediately or wrap in foil and place in warmer.

TERIYAKI SLOW COOK SANDWICHES

2 - 2 1/2 lbs. boneless beef chuck
steak
1/4 c. soy sauce
1 tbsp. brown sugar
1 tsp. ground ginger
1 clove garlic, minced
4 tsp. cornstarch
8 individual French loaves, split
4 tbsp. margarine or butter, melted

TOPPINGS: Such as shredded Chinese cabbage, pineapple rings, sliced green onion, plum sauce or sweet and sour sauce (optional). Trim excess fat from steak; cut into thin, bite size slices. In a 3 1/2 to 4 quart crockery cooker, combine soy sauce, brown sugar, ginger and garlic. Stir in meat. Cover; cook on low heat setting for 7 to 9 hours or high heat setting for 3 to 4 hours. Remove meat from juices with a slotted spoon. Pour juices into a measuring cup; skim fat from cooking juices. Measure 1 1/2 cups juices (add water if necessary) and place in a saucepan. Combine cornstarch and 2 tablespoons water; add to saucepan. Cook and stir until thickened and bubbly. Stir in cooked meat. Heat through. Meanwhile, brush rolls lightly with margarine or butter. Place on unheated rack of broiler pan. Broil, cut side up, 4" to 5" from heat for 2 or 3 minutes or until lightly toasted. Top bottom halves of the toasted rolls with meat mixture and desired toppings. Cover with roll tops. Makes 8 servings.

CROQUE MONSIEUR SANDWICHES

1 c. (4 oz.) grated Swiss cheese
1/4 c. light cream
8 slices bread
8 slices boiled ham
2 eggs, slightly beaten
1/4 c. milk
1/2 tsp. salt
Cheese Sauce*

Combine Swiss cheese and cream to make a paste; spread on each slice of bread. Place a slice of ham on each slice of bread; close to form a sandwich. Beat together eggs, milk and salt in a shallow dish; dip bread on both sides in egg/milk mixture. Fry on lightly buttered griddle or in skillet until brown on both sides and cheese has melted. Serve alone or with cheese sauce.

Serves 4.

***CHEESE SAUCE:**

1 tbsp. butter
1 tbsp. flour
1/2 tsp. dry mustard
1 c. milk
1 c. (4 oz.) shredded Cheddar cheese
Cherry tomatoes (optional garnish)
Green pepper (optional garnish)

Melt butter in 1 quart saucepan; blend in flour and mustard. Remove from heat; stir in milk. Heat to a boil stirring constantly; boil and stir 1 minute. Remove from heat, stir in cheese until melted. Garnish with sliced cherry tomato and green pepper, if desired.

CHICKADO'WICHES

2 (1 oz.) slices Italian bread
1 tbsp. Thousand Island dressing, divided
2 oz. thinly sliced cooked chicken
2 slices crisp bacon, crumbled
1/4 c. green onions
1/4 c. tomatoes
1/8 med. avocado (1 oz.), pared and
thinly sliced
2 oz. Swiss cheese, sliced

Toast the Italian bread to taste and arrange slices in a single layer on a baking sheet. Spread each slice of bread with 1/2 teaspoon Thousand Island dressing. Top each slice with half of the chicken, bacon, onions, and tomato, then top each with 1 teaspoon of the remaining dressing. Arrange half of the avocado slices and half of the cheese on each sandwich. Broil 6 inches from heat source until sandwich is hot and cheese is melted, about 2 minutes. Makes 2 servings.

QUICK (KULWIK) SANDWICHES

1/4 c. prepared pizza sauce
8 slices Italian bread, cut diagonally 3/4 inch thick)
1/2 lb. thinly sliced Mozzarella cheese
1/4 lb. thinly sliced baked ham
1 egg
2 tbsp. butter or margarine

Spread 1 tablespoon pizza sauce on each of 4 bread slices; layer on top Mozzarella. Place ham on Mozzarella. In small bowl, beat egg with 1 tablespoons water. Dip both sides of sandwiches in egg mixture. Coat entirely. Melt butter in large skillet over medium heat. Place sandwiches in skillet; cook for 5 minutes or until lightly browned. Turn once.

STROGANOFF STEAK SANDWICH

2/3 c. beer
1/3 c. cooking oil
1 tsp. salt
1/4 tsp. garlic powder
1/4 tsp. pepper
2 lb. flank steak, about 1 inch thick
2 tbsp. butter or margarine
1/2 tsp. paprika
4 c. sliced onion
12 slices French bread, toasted
1 c. dairy sour cream, warmed
1/2 tsp. prepared horseradish

In shallow dish, combine beer, oil, salt, garlic powder and pepper. Place flank steak in marinade; cover. Marinate overnight in refrigerator or several hours at room temperature; drain. Broil flank steak 3 inches from heat for 5 to 7 minutes on each side for medium rare. In saucepan, melt butter or margarine; blend in paprika and a dash of salt. Add onion; cook until tender but not brown. Thinly slice meat on the diagonal across grain. For each serving arrange meat slices of 2 slices French bread. Top with onions. combine sour cream and horseradish; spoon onto each sandwich. Sprinkle with paprika. Makes 6 servings.

TRIPLE-DECKER SANDWICH

Mayonnaise
Honey mustard or 1000 Island dressing
Rye bread
Lettuce
Sm. tomato
Swiss cheese
Cheddar cheese
Sliced baked ham
Sliced turkey

Generously coat one side of three slices of bread with mayonnaise, 1000 Island dressing or honey-mustard. Then alternate bread, lettuce, tomato, sliced baked ham, Swiss cheese, sliced turkey and Cheddar cheese to build sandwich.

ITALIAN SUBMARINE SANDWICH

8 slices hard salami
4 slices mortadella or bologna
4 slices summer sausage
4 slices ham (meats can be substituted)
1 sm. zucchini squash
1/2 c. Italian style dressing or
French bread or Italian bread
1/4 c. butter or margarine
1/4 tsp. oregano
1/4 tsp. basil
Lettuce
3 slices Mozzarella cheese cut in half diagonally
6 to 8 onion rings
4 green pepper rings
4 tomato slices
4 stuffed olives, sliced

Cut zucchini squash in thin slices and marinate in Italian dressing while preparing sandwich. Slice loaf of bread in half lengthwise, separating top and bottom of loaf. Blend butter with oregano and basil and spread on cut surfaces of bread. Cover bottom half with lettuce. Arrange half slices of cheese and onion rings on lettuce. Alternate folded slices of meat on top, overlapping partially. Arrange green pepper rings and tomato slices over meat. Drain zucchini and overlap slices over tomatoes. Garnish with stuffed olives. Cover with buttered top of loaf. Slice and serve.

CHAMPION CHEESE STEAK SANDWICH

1/2 lb. Velveeta, cubed
1/2 c. Kraft Real Mayo
1/4 c. milk
1 tsp. dry mustard
1 med. onion, sliced
2 tbsp. Parkay margarine
1 lb. thin roast beef slices
6"-8" French bread rolls, split

Combine process cheese spread, mayo, milk and mustard. Stir over low heat until smooth. Saute onions in margarine. Add meat; mix lightly until thoroughly heated. Fill rolls with meat mixture. Top with sauce.

STROMBOLI SANDWICHES

1 lb. ground beef
1 onion, chopped
1/2 c. ketchup
2 tsp. Parmesan cheese
1/2 c. tomato sauce
1/4 tsp. garlic powder
1/4 tsp. margarine
1/4 tsp. oregano
Sliced Mozzarella cheese

Brown ground beef. Add all other ingredients except Mozzarella cheese. Simmer for 20 minutes. Spoon on hamburger buns. Put a slice of Mozzarella cheese on top of ground beef and seal in foil. Bake in oven at 350 degrees for 15 minutes.

HAWAIIAN FARMER SANDWICHES

12 slices bread
Softened butter
1 1/3 c. diced cooked chicken
1 1/2 c. diced cooked ham
1/2 c. crushed pineapple, well drained
1/3 c. mayonnaise
3 tbsp. finely chopped pecans (I use 1/4 c. rounded)
1 1/2 tbsp. chopped green pepper (opt.)
1 tsp. thinly sliced green onion (opt.)
1/4 tsp. salt (if ham is salty, this is not needed)
Dash of black pepper
6 slices Mozzarella cheese

Butter one side of bread, mix ingredients except cheese, divide mixture equally on unbuttered side of (6) slices of bread and top each with slice of cheese. Close sandwiches with the remaining bread buttered side out. Grill on both sides until cheese starts to melt and sandwiches are golden. (Use Swanson or Hormel chunk chicken and chunk ham, drained and omit the salt.)

Cheddar Apple Smoked Turkey Sandwich

1/4 Cup Hellmann's Dijonnaise Creamy Mustard Blend
2 Tablespoons Honey
8 Slices Seven-Grain Or Whole Wheat Bread
4 Ounces Sliced Or 1 Cup Shredded Cheddar Cheese
1/2 Pound Sliced Smoked Turkey Or Ham
1 Apple, Cored And Thinly Sliced

1. In small bowl combine creamy mustard blend and honey; spread on one side of each slice of bread.
2. Layer cheese on 4 bread slices; top with turkey, apple and remaining bread. Cut sandwiches in half.

DAGWOOD BUMSTEAD SANDWICH

3	lg	Onions
1		Head lettuce
4		Tomatoes, sliced
1		Lobster tail
1		Eagle talon
1		Fish (pref.2-days old)
1		Pot spaghetti
		- Cold and gooey
1	lb	Bacon (cooked)
1		Meatloaf
1		Ham
1		Fried egg (over easy)
1		String of sausages
1		Mayonnaise, gallon
1		Jar of pickle relish
1		Tin of sardine in oil
1		Bottle of ketchup
1		Bottle Sweet mustard
1		Hot mustard
1		Loaf Bread
		Assorted cheese
		Assorted vegetables
		Assorted olives

DIRECTIONS: Arrange the ingredients between two slices of bread. Serves one.

DAGWOOD ITALIANO

1		Bell pepper, red
1		Bell pepper, green
1 1/2	ts	Olive oil, divided
1	t	Rosemary, fresh chopped
		Or
1/4	ts	Dried crushed
1		Garlic, clove, minced
1	tb	Red wine or broth
12	oz	Lamb, bonles,loin,sirloin
4		French Bread 5"length
1/2	c	Mozzerela,low fat,grated
1/4	c	Parmesan cheese

Roast red and green bell peppers in preheated 400°F oven 20-25 minutes. or until skins are slightly charred and shriveled. Remove from oven, transfer to plate, wrap with plastic wrap and let stand 10 minutes.

Remove peppers from plastic, peel off skin remove seeds and cut into strips. Set aside. In large bowl combine rosemary, 1/2 teaspoon of the olive oil, garlic and wine or broth; add lamb and marinate 1 hour. Heat remaining oil in large nonstick skillet. Add lamb and sear on all sides.

Place lamb on rack in shallow roasting pan. Insert meat thermometer in center part of lamb and roast in preheated 375°F. oven to internal temp of 140°F. about 27-34 minutes, or to desired doneness. Or grill 15-20 minutes. To construct sandwiches thinly slice lamb and arrange on four of the bread halves, alternating with red and green pepper strips. Top with mozzarella and Parmesan cheese. Place under broiler until cheeses melt, bubble and turn light brown. Add top halves of bread and serve

Everyones Favorite Pastrami Sandwich

- 6 oz sliced pastrami
- 2 TB whole-grain mustard
- 4 oz beer
- 3 sl onion rings intact
- 1 TB oil
- : Salt and pepper
- 2 sl rye bread or thick crusty
- : brown bread

Preheat a grill. Season onions with salt and pepper and brush with oil. In a small saucepan combine beer and mustard and bring to a boil. Add pastrami and simmer for 3 minutes. Grill onions on both sides and toast bread on a cooler part of the grill. When all ingredients are heated, prepare sandwich.

Greek Gyro

- 2 lb Lean, boneless lamb*
 - cut in 1" cubes
- 1/3 c Olive oil
- 1/2 c Fresh lemon juice
- 2 Garlic cloves
 - peeled, cut in quarters
- 1 ts Chopped fresh thyme
- 1 ts Chopped fresh oregano or
- 1 ts Chopped fresh marjoram
- Fresh ground pepper to taste
- 2 Spanish onions; cut in
 - thinly sliced rings
- 24 sm Romaine lettuce leaves
 - washed and dried
- 6 lg Pita bread rounds
- 3 md Ripe tomatoes

GARLIC YOGURT SAUCE

- 2 c Plain yogurt
- 1 Garlic clove
 - peeled and minced
- 1 ts Chopped fresh oregano or
- 1 ts Chopped fresh marjoram
- 1 tb Fresh lemon juice
- 1 ts Olive oil
- Salt and pepper; to taste

*Use meat cut from the leg or shoulder.

The morning before a barbecue, make marinade by combining oil, lemon juice, garlic cloves, herbs and pepper in a medium bowl. Remove about 1/4 cup to mix with the onions. Place lamb cubes in bowl with remaining marinade; toss to coat well.

Place onions in small bowl and toss with reserved marinade. Cover with plastic wrap and chill, up to several hours, turning several times.

Meanwhile, make yogurt sauce by lining a medium bowl with cheesecloth and spooning in the yogurt. Tie up edges of cheesecloth with string to form a pouch. Suspend over bowl (tying from refrigerator rack above bowl), or place in a colander over bowl and let stand to drain several hours. Moisture will drip from the yogurt, giving it a thicker consistency. Mix drained yogurt with minced garlic, chopped herbs, lemon juice, oil, salt and pepper. Cover and chill. Makes about 1 cup.

Stack pita bread rounds into 2 piles and wrap each in foil, dull side out.

To barbecue, heat coals or gas barbecue. Remove meat from marinade, reserving some marinade for basting. (Discard any large garlic pieces.) Thread lamb onto greased skewers and grill over greased grill about 4" from hot coals. Cook, turning and basting often, about 10 minutes or until lamb is brown on the outside, still pink inside. Warm pita rounds over barbecue.

Before serving, lift the onions from the marinade with a slotted spoon and place in a serving bowl. Cut whole tomatoes into thin wedges and place on plate. Place lettuce leaves on plate. Set out yogurt sauce and lots of napkins to facilitate handling of gyros.

To serve, cut each warmed pita bread in half and separate to form 2 pockets. Each person will fill a warmed pita pocket with some of the grilled lamb cubes, lettuce, tomatoes and onions, topping with a spoonful of sauce.

Symphony Sandwiches

- 1 tablespoon Dijon mustard
- 1 tablespoon reduced-fat mayonnaise
- 1/8 teaspoon garlic powder
- 1/2 California avocado -- optional
- 1 medium tomato
- 2 flavored 10-inch flour tortillas -- (wraps)
- 1/4 pound smoked deli turkey
- 4 slices provolone cheese
- 1/2 cup shredded carrots
- 1/2 cup alfalfa sprouts

In a small dish, stir together the mustard, mayonnaise and garlic powder. If using the avocado, cut it in half and twist to remove the seed. Reserve one half for another use. Cut the remaining half in half. Peel the skin away from the flesh. Cut each piece into 4 slices and set aside. Slice the unpeeled tomato and set aside.

Microwave the first tortilla for 30 seconds, uncovered, on high. Spread half the mustard mixture over the entire tortilla surface. In the center of the tortilla, leaving a 1/2-inch edge, place 2 slices of cheese and half each of the turkey, avocado (if using), tomato, carrots and sprouts. Fold in the sides and roll it up burrito-style.

Repeat the process to make the second sandwich.

Cut the sandwiches in half and wrap each half in foil. Serve at once or refrigerate until ready to serve.

Barbecued Pork Sandwiches

2		Boneless pork loin roasts -- 2-1/2 to 3lb ea
1	c	Water
2	ts	Salt
2	c	Ketchup
2	c	Celery -- dice
1/3	c	Steak sauce
1/4	c	Brown sugar -- pack
1/4	c	Vinegar
2	ts	Lemon juice
20		hamburger buns -- (20 to 25)

Place roasts in an 8-qt Dutch oven; add water and salt. Cover and cook on medium-low heat for 2-1/2 hours or until meat is tender. Remove roasts and shred with a fork; set aside. Skim fat from cooking liquid and discard. Drain all but 1 cup cooking liquid. Add meat, ketchup, celery, steak sauce, sugar, vinegar and lemon juice. Cover and cook over medium-low heat for 1-1/2 hours. Serve on buns.

BAVARIAN BEEF SANDWICH

- 8 oz Pkg soft cream cheese
- 1/4 c Sour cream
- 2 tb Horseradish
- 12 sl Rye bread or
- 6 Sub buns
- Lettuce
- Roast beef slices
- 6 Red onion slices

Combine cream cheese, sour cream, and horseradish, mixing until well blended. For each sandwich, spread bread with the the cream cheese mixture, add the meat, lettuce and onions. Add additional cream cheese spread if desired.

Beef and Pork Tenderloin Sandwiches

- 1 6-7 pound beef tenderloin, trimmed
- 2 2/3 pound pork tenderloins, trimmed

Marinade:

- 1/2 cup port wine
- 1/2 cup brandy
- 1/2 teaspoon dried tarragon leaves
- 1/2 teaspoon dried whole thyme
- 2 bay leaves
- 1 1/4 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dry mustard

Vegetable oil

Party rye bread

Endive

Mayonnaise -- optional

Commercial barbecue sauce -- optional

prepared horseradish -- optional

*Marinate these beef and pork tenderloins together, but cook them separately.

Sandwiches can be prepared from either or both types of meat.

Place tenderloins in a large pan or dish; Pour marinade over top, and cover tightly. Refrigerate overnight, turning meat several times; drain. Place beef tenderloin, fat side up, on rack in a shallow roasting pan; rub with 1 tablespoon vegetable oil. Bake at 450 degrees for 15 minutes. turn oven off; do not open door. Let roast remain in oven 45 minutes. (roast will be medium rare). Place pork tenderloins, fat side up, on rack in a shallow roasting pan; rub with 1 teaspoon vegetable oil. Bake at 325 degrees for 1 hour or until well done. Slice tenderloins, and place on serving platter.

Serve on party rye bread with endive; top with mayonnaise, barbecue sauce, or horseradish, if desired.

Yield: about 24 servings.

Marinade: Combine all ingredients in a small mixing bowl, mixing well.

Cajun Chicken Sandwiches

- 4 chicken breast halves without skin -- boneless
- powdered chipotle peppers -- to taste
- 2 tablespoons canola oil
- 4 hamburger buns

GARNISHES

- chipotle pepper puree
- thick sliced tomatoes
- dill pickles
- onion slices
- lettuce leaves
- cheese slices -- your choice
- mustard
- mayonnaise

Season the chicken breast halves. Heat the oil in a skillet. When oil is hot, place the chicken in the skillet & cook turning once or twice until chicken is done. Place chicken on a plate lined with paper towels to drain the oil.

Spread a little chipotle pepper puree on one half of each bun, on the other half spread your choice of mustard or mayonnaise. Place a piece of chicken & any of the other garnishes you desire in the bun

Charlie's Wrap Sandwich

- 2 Tablespoons Extra Virgin Olive Oil
- Sauteed Peppers
- 1 Bunch Arugula Lettuce Or Any Other Variety
- 1 Tablespoon Chopped Sun Dried Tomatoes
- 2 Tablespoons Goat Cheese
- 1 Tablespoon Sherry Vinegar
- 1/2 orange pepper
- 1/2 yellow red pepper
- 2 Large sweet red pepper
- 1 Tablespoon Extra Virgin Olive Oil

1. Heat 1 table spoon of extra virgin olive oil in a hot skillet. Add 2 large s weet red pepper. 1/2 yellow red pepper, 1/2 orange pepper - seeded, cored, and cut in strips - saut, until soft.
2. Remove from the heat and sprinkle with 1/2 table spoon of sherry vinegar.
3. Spread 2 table spoons of goat cheese on the f lour tortillas, or wraps. Scatter 1 table spoon of chopped sun dried tomatoes on the wrap. Divide the sauted peppers on top of tortilla, making sure they are in the center of the tortilla.
4. Toss 1 bunch of arugula lettuce (or any other variety of lettuce that you choose) with 2 table spoons of extra virgin olive oil and 1/2; table spoon of sherry vinegar. Place tossed arugula in the center of tortilla.
5. Fold about of inch of the tortilla from top and bottom over the filling. Turn the wrap sideways and roll it up. Wrap in wax paper or tin foil.
6. Serve at room temperature.

Chicago Italian Beef Sandwiches

- 2 lb beef roast, leftover,
pre-roasted
Roasting pan drippings
- 2 tb fresh oregano, finely
chopped
OR 2 teaspoon dried
oregano, crushed
- 1 tb fresh sweet basil,
finely chopped
OR 1 teaspoon dried
basil, crushed
- 1 ts whole black peppercorns
- 1/2 ts red pepper, ground (1/2
to 1)
- 1 tb fresh parsley, minced
Salt, to taste
- 3 cl garlic, minced
- 1 fresh green pepper seeded
and
sl into 1/4 inch strips

Thinly slice cooked, roast beef and place in a Dutch oven (or put it back into the same pan in which the beef was roasted). Add enough water to cover. Add remaining ingredients and bring to simmer. After the beef has cooked for awhile, taste and adjust seasonings. Cook about 1 hour. Serve beef only on Italian bread with grilled green peppers and / or giardinera relish. As you serve dip the sandwich in your gravy.

Chicken Sloppy Joes

- 1 tb vegetable oil
- 1 lb ground chicken
- 1 green bell pepper; chopped
- 1 md onion; chopped
- 30 oz canned sloppy joe sauce
- 3 c cooked rice
- 6 hamburger buns or- English muffins

Heat oil in large skillet over medium-high heat until hot. Add chicken; cook and stir 4 to 6 minutes or until no longer pink. Stir in pepper and onion; cook 1 to 3 minutes. Add sloppy joe sauce. Cook over medium heat about 8 to 10 minutes; stirring occasionally. Stir in rice; cook until thoroughly heated. Spoon over hamburger buns.

Circular Sandwich

- 1 ea red bell pepper
- 1 ea yellow bell pepper
- 1 ea medium eggplant
- 1 olive oil
- 1 salt and freshly ground
- 1 pepper
- 1 ea 10 inch round load crusty
- 1 bread
- 1/2 c oregano lemon dressing
- 1/4 lb slice black forest ham
- 1/2 lb salami, preferably 2 kinds
- 1 lb mozzarella, sliced
- 20 ea large fresh basil leaves

Roast whole peppers over a gas flame or under a broiler until they are completely blackened. Place in a paper bag until cool enough to handle.

Peel, cut in half and seed. Cut eggplant into 1/2 inch slices. Brush with olive oil and sear on a grill or hot skillet until brown on both sides.

Season with salt and pepper. Cut bread in half horizontally with a serrated knife, and hollow out the top and bottom halves. Brush bottom half with 1/4 cup of the dressing. In the bottom half of the bread, place the fillings in this order: ham, eggplant, one kind of salami, peppers, mozzarella, remaining salami and basil. Brush inside of top half with remaining dressing. Place top half onto sandwich. Wrap sandwich tightly in waxed paper or plastic wrap.

Place a tray or baking sheet on top of the sandwich and weight it with several cans for about 1 hour.

COLD TURKEY REUBEN SANDWICH

4 ts Plain Low-fat yogurt
 8 sl Rye Bread
 8 oz Turkey -- breast thinly sliced
 -and of course cooked
 1 1/3 c Sweet & Sour Red Cabbage
 -drained (recipe to follow)
 -----SWEET & SOUR RED CABBAGE-----
 1 lb Red cabbage -- shredded
 1/2 c Cider vinegar
 1/2 c Water
 2 tb Margarine
 1/2 ts Salt
 Sugar equivalent to a 2 tbs
 Sugar

SANDWICH: Spread 1 teaspoon yogurt on each 4 slices of rye bread.
 Divide the sliced turkey among tops of the bread slices. Spoon 1/3
 Sweet and Sour Red Cabbage on each sandwich; top with remaining bread.

SWEET AND SOUR RED CABBAGE: Put cabbage, vinegar, water,
 margarine, and salt in a deep cooking pot. Cover and cook about
 15 minutes or until crisp-tender, lifting and turning with a large kitchen
 fork two or three times. Remove from heat. Add sweetener to cabbage
 gradually, lifting and mixing well with a fork. Drain off any liquid.

Crunchy Turkey Sandwich Melts

- 2 Cups chopped cooked turkey
- 1/2 Cup KRAFT Natural Shredded Cheddar Cheese
- 1/3 Cup KRAFT Mayo Light Mayonnaise
- 2 Tablespoons finely chopped onion
- 2 Teaspoons KRAFT Pure Prepared Mustard
- 1/4 Teaspoon pepper
- 8 CLAUSSEN Sandwich Slices -- up to 12
- 4 sandwich or hamburger buns

MIX turkey, cheese, mayo, onion, mustard and pepper.

ARRANGE 2 to 3 pickle slices on bottom half of each bun. Top each with 1/2 cup turkey mixture and top halves of buns. Place sandwiches on cookie sheet; cover tightly with foil.

BAKE at 350°F for 15 minutes.

Double-Decker Cheese Melt

1 c shredded cheddar cheese
1/4 c butter or margarine -- softened
1 egg
1/2 tsp garlic salt
1/2 tsp onion salt
6 slices white bread
paprika -- optional

In a food processor, blend cheese and butter. Add the egg, garlic salt and onion salt; process for 1 minutes or until creamy. Spread 2 tbsp on each slice of bread. Stack two slices of bread, cheese side up, for each sandwich; sprinkle with paprika if desired. Cut each sandwich in half diagonally. Place on an ungreased baking sheet. Bake at 400 for 12-15 minutes or until golden and bubbly.

Fiesta Style Sloppy Joes

- 1 Pillsbury Grands! Refrigerated Flaky Biscuits
- 1 Pound ground beef
- 1 Small onion -- chopped
- 1 11 Ounces Ca Green Giant Mexicorn
- 1 Can condensed tomato soup
- 1/4 Cup water
- 1 1/4 Teaspoons chili powder
- 1/8 Teaspoon hot pepper sauce -- up to 1/4

Heat oven to 375 F. Bake biscuits as directed on can. Meanwhile, in large skillet brown ground beef, bell pepper and onion; drain. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer 10 minutes or until thoroughly heated. To serve, split warm biscuits; place 2 halves on each plate. Spoon hot beef mixture over biscuit halves.

French Toast Cheddar Sandwiches

2 ea Eggs; Lg
1/3 c Milk Or Light Cream
1/2 ts Salt
8 ea White Bread; Slices
1 x Mustard; Prepared
4 ea Cheddar Cheese; Thick, Slices
3 tb Butter

Set out a heavy skillet or cast iron griddle. Beat the eggs slightly in a pie tin or shallow bowl and add the milk or cream and salt, set aside. Spread the bread slices out on a flat working surface. Spread one side of four slices of bread lightly with the prepared mustard. Top each with a slice of cheddar cheese. Butter the remaining four slices of bread and top each cheese slice with bread, butter side down. Heat the butter in the skillet or on the griddle. Carefully dip each sandwich into the egg mixture, coating both sides. Allow the excess egg mixture to drain back into the bowl. Dip only as many sandwiches as will lie flat in the skillet or griddle. Cook over low heat until browned. Turn and brown the other sides. Repeat for the remaining sandwiches and if necessary, add more butter to the skillet or griddle to prevent sticking. Or you can place the sandwiches, after dipping, on a well greased baking sheet and brown in the oven at 450 degrees F. for 8 to 10 minutes. Serve hot.

German Beefsteaks

1 ea Hard roll; large, dry
1/2 c Water
4 tb Vegetable oil
1 ea Onion; medium, chopped
1 lb Ground beef; lean
1/2 ts Salt
1/4 ts Pepper
4 ea Onion; medium, sliced

In a small bowl soak roll in water. Heat 2 T vegetable oil in a frypan; cook chopped onion until lightly browned. Transfer onion to a bowl. Squeeze roll as dry as possible and mix roll with onion. Add ground beef; blend well. Season with salt and pepper. Shape meat into 4 patties; cook about 5 minutes on each side or to desired doneness. Remove and keep warm.

Add sliced onions to pan drippings; cook until lightly browned. Arrange beefsteaks on a platter and top with onion rings.

GRILLED CHEESE-CHIPOTLE SANDWICH

- 4 sl White or wheat bread
- 2 ts Pureed chipotle chiles
- 5 oz Cheese
 - shredded or thinly sliced
- 1 Ripe tomato -- sliced
- Thinly sliced red onion
- Cilantro leaves
 - coarsely chopped
- Soft butter

SPREAD EACH PIECE OF BREAD with thin coating of pureed chiles, or more if you like your sandwich really hot. Cover bottom slice with layer of cheese, tomato and onion slices and as much cilantro as you like. Top with second slice of bread and butter it. Place sandwich, butter-side down, in cast-iron skillet. Spread top piece of bread with butter as well and cook sandwich slowly. When golden brown on bottom, turn it over and cook on the other side. Covering pan will help melt cheese by the time bread is crisped and golden.

GRILLED CUBAN SANDWICH

8 slices pork loin -- 1 ounce each
8 slices ham, -- 1 ounce each
12 dill pickle chips
8 slices Swiss cheese
4 sandwich rolls
Dijon mustard to taste

Prepare a wood or charcoal fire and allow it to burn to embers. Layer each sandwich with the cheese, ham , pork, and pickles.

Grill the sandwich, top side down for 1 minute, turn over and place a saute pan on top and continue to cook until cheese is melted about 3 to 4 minutes.

Grilled Portabello Mushroom Sandwich

Marinade:

- 2 tablespoons rice wine vinegar
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 clove garlic -- minced
- 2 teaspoons dried oregano
- 1 Pinch kosher salt
- 1 Pinch sugar
- 1 Pinch black pepper -- freshly ground

RECIPE

- 2 large portabello mushrooms
- 1 large clove garlic
- 2 tablespoons mayonnaise
- 2 teaspoons fresh thyme -- chopped
- 1 red bell pepper -- roasted
- 2 teaspoons balsamic vinegar
- 2 onion rolls -- split & grilled
- 2 teaspoons balsamic vinegar
- 2 onion rolls -- split & grilled
- 2 thick slices Monterey jack cheese

Combine marinade ingredients. Marinate mushroom in this mixture 1-2 hours. Mash other garlic clove into fine paste. Stir into mayonnaise and add thyme. On barbecue grill or under broiler, cook mushrooms 5 minutes on each side, or until soft. Sprinkle red bell pepper with balsamic vinegar and shallots. Grill or lightly toast onion rolls. Spread mayonnaise on each half of rolls. Place grilled mushrooms on two onion roll halves, cover with roasted bell pepper, cheese and top half of rolls. Cut in half and serve hot.

GRILLED SALMON & CHEDDAR SANDWICHES

1	lb	Salmon -- 1 can
1	t	Onion -- grated
10	oz	Cheddar -- med, *
1	t	Lemon juice
1/4	c	Mayonnaise

* Slice the Cheddar Cheese into 4 slices of 2 1/2 ozs each.

Mix the salmon with the onion, lemon juice, and mayonnaise. Spread the mixture on thick slices of French bread and top with a slice of cheddar cheese. Add a top slice of bread and butter both sides of the sandwich generously. Grill until brown, then turn and brown the other side, and the cheese is melted. Serve hot.

HALF-TIME BEEF SANDWICHES

2	t	Lemon juice
1	x	Small apple, finely chopped
1	x	3-oz pkg. cream cheese
1	T	Milk
1	T	Prepared horseradish
1/4	c	Walnut pieces
6	ea	Kaiser rolls, split
6	ea	Lettuce leaves
1	lb	Thinly sliced roast beef
2	T	Sliced green onions

Sprinkle lemon juice over apple. Combine cream cheese, milk and horseradish. Stir in apple and walnut pieces. Spread cut sides of rolls with equal amounts of the cream cheese mixture. Place equal amounts of lettuce, beef and green onion on each bottom roll half. Cover with tops.

High Roller Sandwiches

- 1 Bag flour tortillas
- 1 lg Bar of softened cream cheese
- Roast beef sliced thin
- Ham sliced thin
- Turkey sliced thin
- Colby Jack cheese sliced thin
- Lettuce shredded thin strips
- Garlic powder
- Sliced tomatoes very thin

Use the back of a spatula and cover each tortilla with a thin layer of cream cheese. Sprinkle lightly with garlic powder.

Use half of the tortilla: to layer meats, cheese, lettuce, and tomatoes. Then roll up tortilla with cream cheese side rolled up last so it will seal as if using glue. Cut in 1 inch pieces and serve. Serve 8-10

HULA HAM SANDWICH

- 1 can (20-oz) Dole pineapple slices
- 5 Kaiser rolls, cut in half
- 4 teaspoons Dijon mustard, spread over bottom of roll -- halves
- 1 lettuce leaf
- 2 slices Swiss cheese
- 4 ounces deli-sliced smoked ham
- 2 pineapple slices

Drain pineapple slices, slice rolls in half. Spread Dijon mustard over bottom of rolls. Layer on each bottom; lettuce, cheese, ham and pineapple.

International Turkey Sandwich

- 1 cup finely shredded lettuce
- 1 cup finely diced tomato
- 3 finely chopped scallions
- 1/2 cup finely chopped green pepper
- 2 tablespoons Italian dressing
- 2 halved English muffins
- 8 ounces sliced -- cooked turkey
- 4 ounces sliced Monterey Jack cheese

Combine lettuce, tomato, scallions and green pepper in a large bowl. Pour on Italian dressing and toss well. Arrange 2 ounces turkey and 1 ounce cheese on each muffin half. For a warm sandwich broil 2-3 minutes before spooning 1/4 of the salad on each open face sandwich.

Joegie

9 inch white or wheat italian sub roll
1 1/2 ounces capocollo
1 1/2 ounces genoa salami -- sliced
1 1/2 ounces provolone cheese -- sliced
shredded lettuce
sliced tomatoes
hot peppers (opt.)
italian dressing

Slice open sub roll lengthwise. Layer roll with meat and cheese slices and top with lettuce, tomatoes and hot peppers. Sprinkle with dressing.

Lisas' Hot Italian Meatball Sandwiches

- 1 lb good quality ground beef
- 1/2 lb ground pork
- 1/2 cup cornflake crumbs
- 1/4 cup evaporated milk
- 1 egg
- 2 Tablespoons dried onion flakes
- 1 8 oz block mozzarella cheese
- 1 teaspoon italian seasoning
- 2 cups your favorite pizza sauce
- 6 slices mozzarella cheese
- 6 submarine sandwich rolls

Combine beef, pork, crumbs, milk, egg, italian seasoning, and onion. Mix well and form into 1 1/2 inch meatballs. Cube the mozzarella into 1/2" cubes. Press 1 cube into each meatball, cover well with the meat. Place on ungreased cookie sheet and bake for 18-20 minutes. In a saucepan heat the pizza sauce. Add meatballs and warm through. Slice a V shaped lengthwise cut into sub rolls. Use the cut out for breadcrumbs later. Pile down the cut 5-6 meatballs. Spoon on sauce and lay a slice of mozzarella cut in half so it covers the length of the roll on the top of the sandwich. Place under the broiler for 2-3 minutes or till bubbly.

Mile High Shredded Beef

3 pounds chuck roast or round steak
vegetable oil

1 cup chopped onion

1/2 cup chopped celery

2 cups beef broth OR bouillion

Sauce:

1 1/2 cups beef broth reserved from roast

1 clove garlic minced

1 teaspoon salt

3/4 teaspoon salt

4 tablespoons brown sugar

2 tablespoons vinegar

1 teaspoon dry mustard

1/2 teaspoon chili powder

3 drops tabasco sauce

1 bay leaf

1/4 teaspoon paprika

1/4 teaspoon garlic powder

1 teaspoon worcestershire sauce

potato rolls or buns

Brown beef in hot oil on both sides, adding onion and celery at the last minute. Combine beef, vegetables and broth in a Dutch oven or crockpot. Simmer, covered, for 3-4 hours or until tender. Cool; shred beef, separating into strands. Drain vegetables. Combine with beef. Reserve broth; skim off any fat.

To make sauce: Mix broth, beef, vegetables, garlic, salt, catsup, brown sugar, vinegar, mustard, chili powder, tabasco, bay leaf, paprika, garlic powder, and worcestershire sauce. Simmer until heated thoroughly.

Remove bay leaf.



Getting & Staying Healthy - Naturally!

The human body is a highly complex mechanism. Body or physical health refers to the overall condition of that system. We say that **optimal physical health** is achieved when the body is free from disease, abnormality and injury, and is able to function well.

However, often the body does not function well when it is attacked by environmental elements, genetic malfunction, injury, and biological intrusions. These factors can result in a multitude of ailments that affect the thyroid and adrenal glands, as well as the liver and pancreas. They can cause damage to the respiratory system (bronchitis, asthma, etc), hinder digestive processes, and even cause cancer.

Whether you're a parent or child, man or woman, young or old, staying healthy is very important. **Maintaining an individual's overall wellbeing** can involve treating everything from colds and flu, to cuts and scrapes, and sometimes even embarrassing conditions like bad breath, hemorrhoids, or body odor.

Keeping the right tools on hand (both treatments and information) will **prevent frustration and help in the time of crisis**; even if the crisis is just a bruised knee from a bicycle fall, a sore elbow from too much tennis, the sniffles, or a quick immunity boost in hopes of avoiding the seasonal cold.

At Native Remedies you will find a comprehensive set of herbal remedies to help you manage and optimize your physical health – naturally and safely.

View Natural Products for Body & Physical Health

- Thyroid & Adrenal
- Colds, Flu & Respiratory

- [Liver & Pancreas](#)
 - [Hair Loss](#)
 - [Immune System](#)
 - [Respiratory](#)
 - [Detox & Cleansing](#)
 - [Embarrassing Conditions](#)
-
- [Digestion](#)
 - [Infections, Cuts & Bruises](#)
 - [Pain & Recovery](#)
 - [Addictions](#)
 - [Ear Health](#)
 - [Energy Levels](#)
 - [Joints & Muscles](#)
 - [Others](#)

Two Important Differences in Native Remedies Products

We use the **Full Spectrum Method** of extraction to create our products. Many *so-called natural remedies* are manufactured using standardized extractions which – although often cited as being more scientific method – is not approved by the manufacturers of holistic medicines.

To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

Read more about the our [*Manufacturing & Full Spectrum Approach*](#) »

We utilize a unique **dual-modality approach** to complete holistic wellness because we know that natural medicine works best in combination (herbal, homeopathic, flower essences and tissue salts) for fast relief and long-term care. Our approach provides a complete solution by offering OTC homeopathic remedies for relief of symptoms as well as compound herbal remedies for complete support of your physical, emotional and mental well-being.

While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

Read more about the our [*Dual-Modality Approach*](#) »

The importance of Omega-3 fatty acids

Scientists have established the effectiveness of [Omega 3](#) in a number of health areas, including your Heart, Brain, Joints, Skin, Immune system, Vision, and Digestion. Like any product on the market today there are 'good [fish oils](#)' and there are 'bad fish oil'!

With a bad one you may be unwittingly introducing substances into your body that you DO NOT want... such as Mercury and PCB's for example. We impose tougher standards on the purity of our [fish oil](#) than any other known manufacturer. [DHA](#) is the most important fatty acid in the human brain.

High in [DHA](#) and proven to be pure and free of contaminants the [Xtend-Life](#) brand is considered to be the 'Rolls Royce' of concentrated [Omega 3 fish oils](#) at an affordable cost and has been enjoyed by thousands of customers in more than 40 countries for the last eight years.

Don't forget a good multi-vitamin!

[Xtend-Life Multi-Xtra](#) is a natural multi vitamin/supplement using only the finest natural vitamins available on the market today. Some manufacturers call the vitamins they use in their products '[whole food](#)' vitamins, but that is somewhat misleading.

They are natural but they are grown using bio-technology and are not extracted directly from plants. What is important is that we do NOT use [vitamins](#) which are derived from petrochemicals. [Multi-Xtra](#) contains 48 bio-available ingredients.

Unlike a 'normal' multi it contains much more than just a basic vitamin/mineral mix. [Multi-Xtra](#) is probably the best multi vitamin/mineral supplement in the world and undoubtedly provides the best value for money available anywhere.