



the big book
of sandwiches

Prepare Your Favorite Sandwiches at Home with Easy Sandwich Recipes

The Big Book of Sandwiches

Prepare Your Favorite Sandwiches at
Home with Easy Sandwich Recipes

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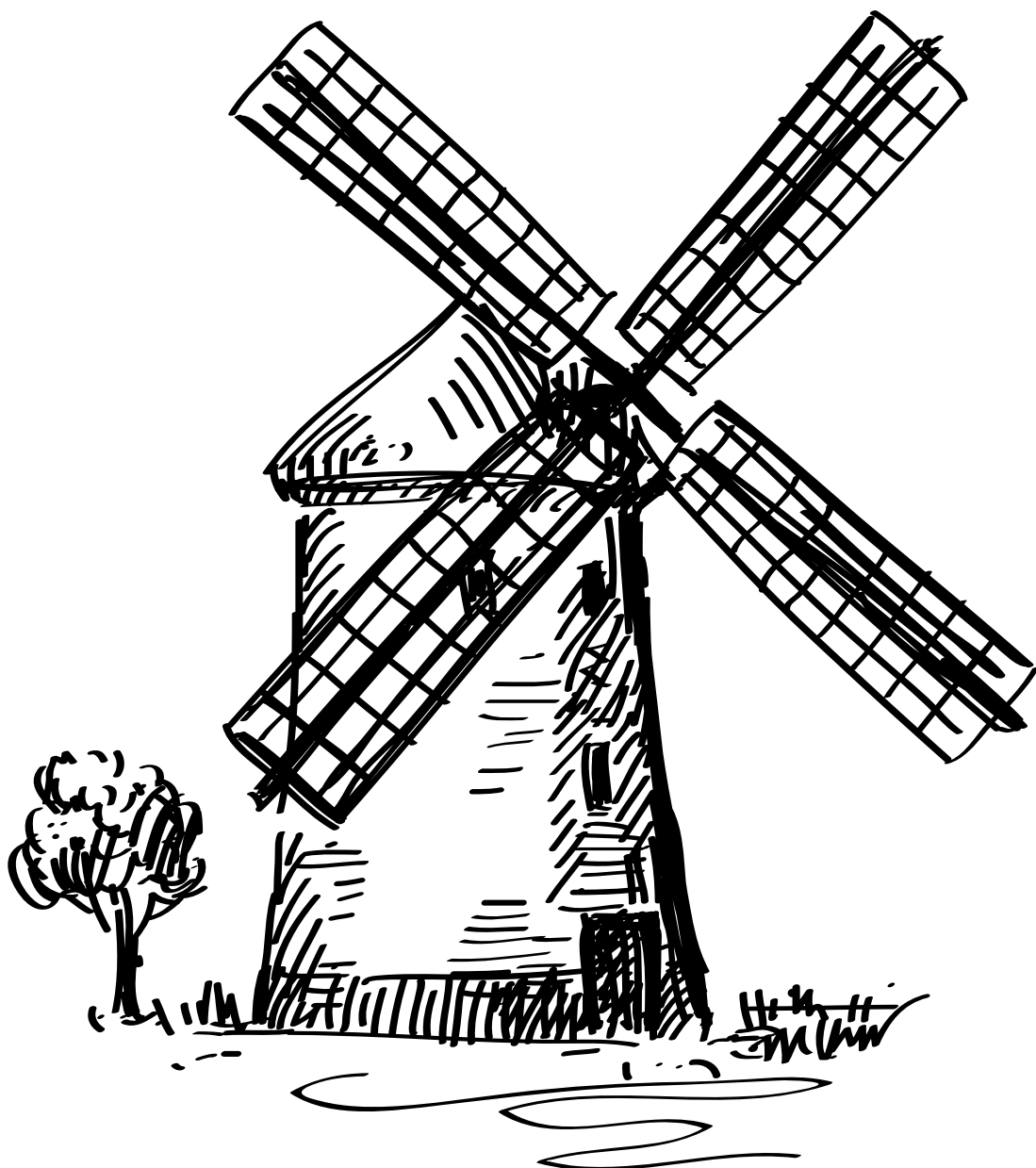


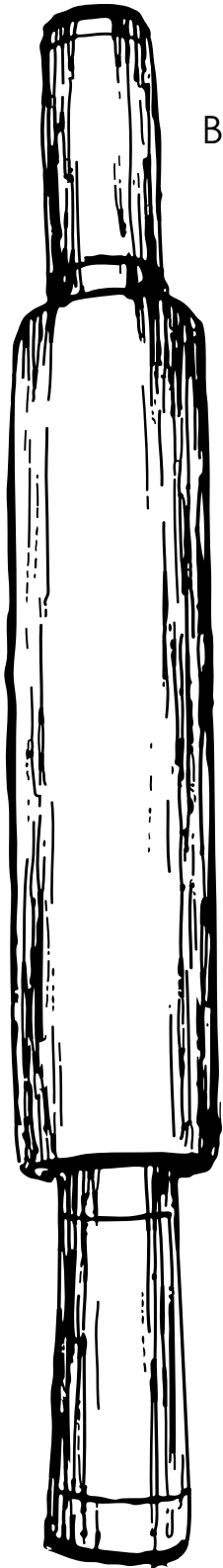


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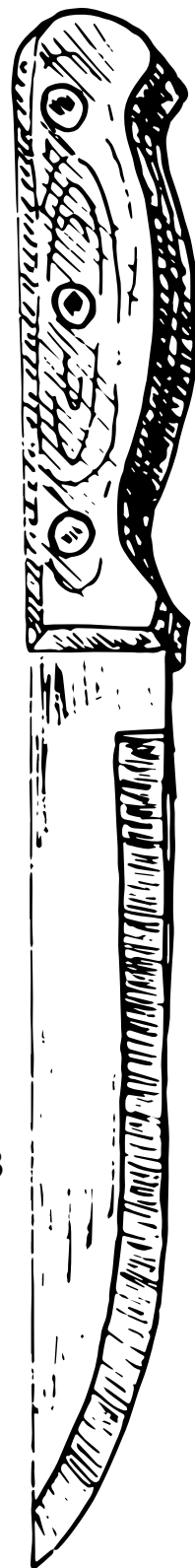
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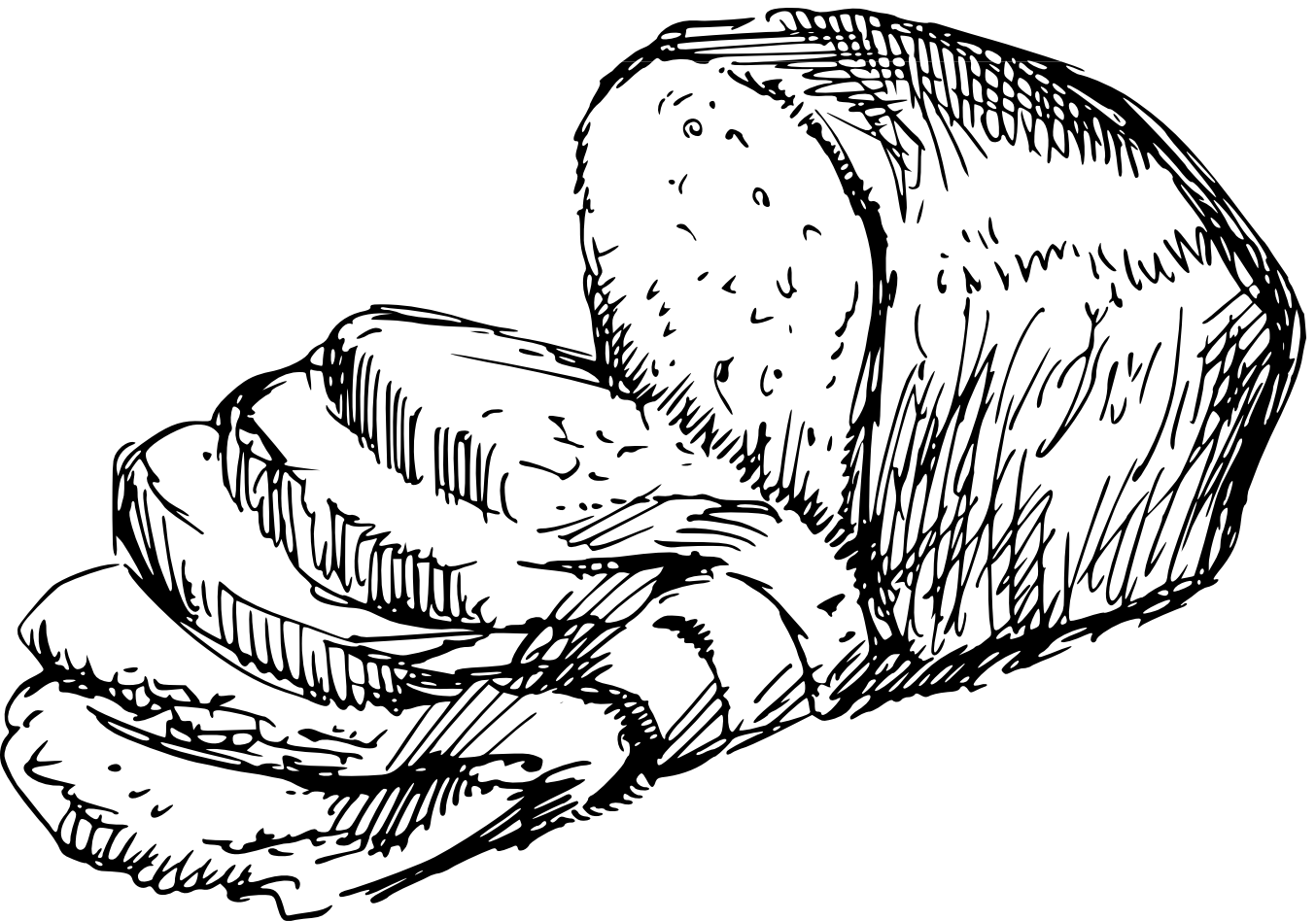


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Pennsylvania Chicken Cutlets

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories 190.6

Fat 6.3g

Cholesterol 53.1mg

Sodium 165.5mg

Carbohydrates 12.8g

Protein 21.3g

Ingredients

- 2 tbsp balsamic vinaigrette
- 1/2 loaf focaccia bread, cut horizontally
- 1 C. loosely packed mixed salad green
- 3 - 4 slices vine-ripened tomatoes
- 3 - 4 slices red onions
- 3 oz. boneless skinless chicken breasts, grilled and sliced
- 1 tbsp mayonnaise
- 1 tbsp basil pesto, see appendix

Directions

1. Place the bottom bread slice on a plate. Drizzle over it the balsamic vinaigrette.
2. Layover it the salad greens followed by tomato, onion sliced, and chicken breasts.
3. Get a mixing bowl: Whisk in it the pesto with mayo. Drizzle the mixture over the chicken breast slices.
4. Cover the sandwich with the top bread slice. Serve it right away.
5. Enjoy.





NEW ENGLAND Shrimp Rolls



Prep Time: 5 mins

Total Time: 8 mins

Servings per Recipe: 6

Calories 328.3

Fat 13.2g

Cholesterol 109.6mg

Sodium 874.3mg

Carbohydrates 32.5g

Protein 19.0g

Ingredients

1/2 lb. cooked shrimp, shelled and chopped

1 C. cheddar cheese, grated

2 tbsps butter

1/8 C. onion, minced

1 tbsp lemon juice

2 tbsps Worcestershire sauce

1/4 teaspoon paprika



pepper

6 rolls, split and buttered

Directions

1. Before you do anything, preheat the oven broiler.
2. Get a mixing bowl: Mix in it the cheese, butter, onion, lemon juice, Worcestershire sauce, paprika.
3. Stir the shrimp into the mixture. Spoon the mixture into the bread rolls.
4. Place the sandwiches on a baking tray and cook them in the oven for 2 to 5 min until the cheese melts.
5. Serve your sandwiches hot with your favorite toppings.
6. Enjoy.

Sonoma Chicken Salad Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 2

Calories	832.2
Fat	44.9g
Cholesterol	114.5mg
Sodium	823.0mg
Carbohydrates	59.5g
Protein	56.2g

Ingredients

8 oz. cooked chicken breasts, diced	3 tbsp mayonnaise
2 tbsp chopped pecans	4 slices bread
1/4 C. chopped celery	2 tbsp mayonnaise
1/4 C. chopped red onion	1 avocado
1 tsp Dijon mustard	2 slices provolone cheese
1/2 tsp lemon juice	2 romaine leaves
1 tsp canned diced jalapeno	
1/8 tsp kosher salt	

Directions

1. Get a mixing bowl: Toss in it the chicken with
2. Place a pan over medium heat, heat in it the oil pecans, celery, red onion, Dijon mustard, lemon juice, and jalapeño.
3. Stir in the mayo with a pinch of salt and pepper.
4. Coat one side of the bread slices with some mayo or mustard.
5. Place two bread slices on a serving plate. Top it with the mashed avocado, provolone cheese slice, and lettuce leaves.
6. Spoon over them the chicken mixture then cover them with the other 2 bread slice.
7. Press a toothpick into the middle of the sandwiches to keep them together.
8. Serve them right away with your favorite toppings.
9. Enjoy.

HUNGARIAN Egg Salad Sandwiches



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 265.2

Fat 21.3g

Cholesterol 373.0mg

Sodium 233.7mg

Carbohydrates 4.7g

Protein 13.6g



Ingredients

2/3 C. mayonnaise	8 hard-boiled eggs, peeled and chopped
2 tbsp Dijon mustard	3 tbsp olive oil
1 tbsp white wine vinegar	8 slices whole grain
1 tbsp smoked Spanish paprika	1/2 small red onion, sliced
salt & ground black pepper	parsley leaves
2 green onions, sliced	
3 tbsp chopped flat leaf parsley	
1 C. diced celery	

Directions

1. Before you do anything, preheat the grill and grease it.
2. Get a mixing bowl: Mix in it the mayonnaise, Dijon mustard, white wine vinegar, and smoked Spanish paprika.
3. Place 1/4 C. of the mixture aside. Stir the green onion, parsley, celery, and eggs into the remaining mixture to make the salad.
4. Add to them some salt and pepper. Coat the bread slices with oil and place them over the grill. Let them cook for 1 min on each side.
5. Coat the top of each bread slice with some of the reserved mayonnaise mixtures.
6. Top them with egg salad. Garnish them with some parsley and onion. Serve them right away.
7. Enjoy.

Maria's Tuna Rolls

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 4

Calories	352.5
Fat	7.9g
Cholesterol	53.0mg
Sodium	1284.6mg
Carbohydrates	36.0g
Protein	32.5g

Ingredients

14.5 oz. can tuna in water, drained
1 lemon, rind, grated
1 lemon, juice
2 chopped pickles
1/4 C. spreadable reduced-fat cream
cheese

8 slices rye bread
1 small red onion, sliced
lettuce leaf

Directions

1. Get a mixing bowl: Combine in it the tuna, grated lemon rind, lemon juice, pickles, cheese, salt, and pepper.
2. Lay 4 bread slices on a serving plate. Spoon over them the tuna mixture.
3. Top it with the onion slices and lettuce leaves. Cover them with the other bread slices.
4. Serve your sandwiches right away with your favorite toppings.
5. Enjoy.

GONZALEZ Rolls



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 309.9

Fat 17.2g

Cholesterol 45.9mg

Sodium 432.9mg

Carbohydrates 27.0g

Protein 11.6g

Ingredients

2 slices bread

2 tsp butter

1 tsp mustard

2 slices of cooked meat

1 slice Jarlsberg cheese



pickle

olive

Directions

1. Brush the bread slices with half of the butter.
2. Coat the top of each of the bread slices with half of the mustard.
3. Top each one of them with a slice of meat and cheese. Top them with olives and pickles.
4. Serve your sandwiches right away.
5. Enjoy.

Amish Mushroom Sandwiches

 Prep Time: 5 mins
 Total Time: 15 mins

Servings per Recipe: 1

Calories	164.3
Fat	5.0g
Cholesterol	10.0mg
Sodium	410.9mg
Carbohydrates	26.5g
Protein	4.8g

Ingredients

1 tsp butter	1 dash pepper
1 medium onion, chopped	1 slice pumpernickel bread
1/3 C. sliced mushrooms	1 tbsp minced parsley
1 dash salt	

Directions

1. Place a pan over medium heat, Heat in it the butter.
2. Cook in it the onion for 3 min. Stir in the mushrooms and let them cook them for 4 min.
3. Sprinkle over them some salt and pepper. Spoon the mushroom mix into the bread slice.
4. Garnish it with parsley then serve it right away.
5. Enjoy.

FISH

Sandwiches Louisiana



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 380.2

Fat 15.2g

Cholesterol 81.1mg

Sodium 492.9mg

Carbohydrates 28.1g

Protein 31.1g

Ingredients

cooking spray

4 (6 oz.) catfish fillets

1 1/2 tsp Cajun seasoning, see appendix

4 hamburger buns

3 tbsp fat-free mayonnaise

1 1/2 tsp shallots, minced

1 1/4 tsp whole grain Dijon mustard

1/2 tsp lemon juice

4 lettuce leaves

4 slices tomatoes

8 tsp sweet pickle relish

Directions

1. Before you do anything, preheat the grill and grease it.
2. Sprinkle the fish fillets with Cajun seasoning. Let them cook for 4 to 5 min on each side.
3. Drain the fish fillets and place them aside.
4. Cut the bread buns in half and toast them in the pan for 1 min on the cut upside.
5. Get a mixing bowl: Whisk in it the mayonnaise, shallots, mustard, and juice.
6. Place the bottom buns on a serving plate. Top them with lettuce leaves, fish fillets, and tomato slices.
7. Drizzle over them 2 tsp of relish. Coat the open side of the top bun with 1 tbsp of mayo.
8. Place it over the sandwich to cover it. Serve your sandwiches right away.
9. Enjoy.

Ms. Kim's Eggplant Sandwich



Prep Time: 1 hr



Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 204.8

Fat 8.9g

Cholesterol 0.0mg

Sodium 182.1mg

Carbohydrates 29.4g

Protein 4.7g

Ingredients

1 eggplant, large
1 tbsp basil, chopped
2 tsp lemon zest
1 tsp extra virgin olive oil
1/4 C. golden raisin, chopped
salt
black pepper
9 tbsp chevre cheese

3 tbsp extra virgin olive oil
6 slices bread, toasted
18 basil leaves, plus
2 tbsp basil leaves, slivered
6 large tomatoes, sliced

Directions

1. Before you do anything, preheat the oven to 400 F.
2. Use a fork to poke the eggplants several times. cover them completely with a piece of foil. Place them on a baking tray and cook them for 60 min in the oven.
3. Once the time is up, discard the piece of foil and let them cook for an extra 10 min. Place the eggplants aside to cool down. Discard the eggplant skin and diced them.
4. Get a large mixing bowl: Combine in it the diced eggplant with basil, lemon zest, oil, raisins, a pinch of salt and pepper.
5. Mix them well. Get another mixing bowl: Combine in the chevre cheese with 2 tbsp of oil, a pinch of salt and pepper. Mix them well.
6. Before you do anything, preheat the oven broiler.
7. Spoon the eggplant mixture over the bread slices. Layover them the basil leaves followed by the cheese mixture.
8. Cover them with tomato slices. Coat the tomato slices with 1 tbsp of olive oil. Sprinkle over them a pinch of salt and pepper. Lay the sandwiches on a baking tray.
9. Bake the open sandwiches in the oven for 1 to 2 min. Serve them right away. Enjoy.

HOT

Tofu Rolls



Prep Time: 10 mins

Total Time: 30 mins

Servings per Recipe: 2

Calories 255.6

Fat 6.7g

Cholesterol 0.0mg

Sodium 321.7mg

Carbohydrates 36.0g

Protein 14.4g



Ingredients

8 oz. tofu, pressed and sliced
4 white button mushrooms, sliced
1/2 medium red onion, sliced
4 tbsp buffalo wing sauce
2 hard rolls
cooking spray
blue cheese dressing

Directions

1. Season the tofu slices with some salt and pepper.
2. Place a pan over medium heat, heat in a splash of oil or grease it with cooking spray.
3. Cook in it the tofu slices for 7 to 8 min on each side until they become golden brown.
4. Stir into them the buffalo sauce. Let them cook for 2 min.
5. Place a skillet over medium heat; grease it with a cooking spray.
6. Stir the mushroom with onion, a pinch of salt and pepper into the same pan. Cook them for 6 min.
7. Spoon the saucy tofu slices into the bread rolls. Spoon over them the mushroom mixture.
8. Garnish your sandwiches with some blue cheese dressing then serve them.
9. Enjoy.

Texas Sandwich Press

 Prep Time: 10 mins
 Total Time: 20 mins

Servings per Recipe: 1

Calories	331.2
Fat	23.8g
Cholesterol	72.0mg
Sodium	1720.5mg
Carbohydrates	8.4g
Protein	21.0g

Ingredients

1 cooked chicken breast, sliced
1 (12 oz.) jars roasted red peppers
8 slices mozzarella cheese
4 tbsp mayonnaise
2 tbsp ranch dressing

1 loaf focaccia bread, cut into 8 slices
olive oil flavored cooking spray

Directions

1. Get a mixing bowl: Whisk in it the mayo and ranch dressing.
2. Coat the open side of 4 slices with the ranch mixture.
3. Top them with a slice of chicken, mozzarella, and roasted peppers. Cover them with the other bread slices.
4. Place a pan over medium heat; grease it with a cooking spray.
5. Cook in it the sandwiches for about 1 min on each side. Serve them right away.
6. Enjoy.

LINDA'S

Pesto Chicken Sandwich



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 340.1

Fat 11.1g

Cholesterol 99.3mg

Sodium 666.0mg

Carbohydrates 25.6g

Protein 32.4g

Ingredients

4 oz. mixed mushrooms, sliced thin

1 oz. balsamic vinegar

4 oz. red bell peppers, roasted and sliced

2 medium tomatoes, sliced

4 (4 oz.) boneless skinless chicken breast halves, trimmed

4 Italian rolls, cut in half

4 oz. pesto sauce, see appendix

4 oz. feta cheese

Directions

1. Get a mixing bowl: Combine in the balsamic vinegar with mushroom. Let them sit in the fridge for 1 whole day.
2. Drain the mushrooms and remove the excess vinegar.
3. Before you do anything, preheat the grill and grease it.
4. Coat the bottom slices with pesto sauce then top them with feta cheese, chicken breast, mushroom, roasted peppers and tomato slices.
5. Cover the sandwiches with the top bread slices. Use 2 toothpicks to secure each sandwich.
6. Slice them in half then serve them right away.
7. Enjoy.

Portuguese Siesta Sandwiches



Prep Time: 5 mins



Total Time: 11 mins

Servings per Recipe: 4

Calories 252.6

Fat 7.8g

Cholesterol 167.8mg

Sodium 413.7mg

Carbohydrates 34.8g

Protein 11.9g

Ingredients

4 medium free-range eggs, hard-boiled
and grated

1 tbsp salad cream

2 tbsp mayonnaise

1 tbsp chopped chives

8 slices sliced brown bread

butter, softened

salt and pepper

Directions

1. Get a mixing bowl: Toss in it the grated eggs with salad cream, mayo, chives, a pinch of salt and pepper.
2. Slice off the crust of the bread slices. Coat one side of them with butter.
3. Lay 4 bread slices on a serving plate. Spoon into them the egg mixture and cover them with the remaining bread slices.
4. Serve your sandwiches with your favorite toppings.
5. Enjoy.





LONDON

Brunch Sandwiches



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 5

Calories 42.3

Fat 0.2g

Cholesterol 0.0mg

Sodium 33.3mg

Carbohydrates 9.5g

Protein 1.0g

Ingredients

2/3 C. honey

10 slices whole wheat bread

3 bananas, ripe and firm, sliced

Directions

1. Spread the honey over 5 bread slices.
2. Top it with the banana slices. Cover them with the remaining bread slices.
3. Serve your sandwiches right away.
4. Enjoy.

Chipotle Chicken on Sourdough



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 686.8

Fat 18.1g

Cholesterol 110.2mg

Sodium 886.8mg

Carbohydrates 78.1g

Protein 51.2g

Ingredients

- 1/4 C. reduced-fat mayonnaise
- 1 tbsp lime juice
- 1 tsp cilantro, chopped
- 1 tsp adobo sauce
- 1/2 tsp chipotle chile in adobo, canned in adobo sauce, chopped
- 2 garlic cloves, minced
- 4 C. cooked chicken, shredded
- 1/4 C. red bell pepper, chopped
- 1/4 C. avocado, chopped
- 8 slices sourdough bread, toasted
- 8 slices tomatoes
- 4 romaine lettuce leaves

Directions

1. Get a mixing bowl: Stir in it the mayo with lime juice, cilantro, adobo sauce, chipotle, and garlic.
2. Fold the chicken with bell pepper, avocado, a pinch of salt and pepper into the mixture.
3. Place the 4 bread slices on a serving plate. Spoon into them the chicken salad mixture.
4. Top them with the remaining bread slices and serve them right away.
5. Enjoy.

4TH GRADER'S Lunch Box



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 298.4

Fat 14.1g

Cholesterol 36.1mg

Sodium 1039.7mg

Carbohydrates 31.7g

Protein 10.7g

Ingredients

8 slices white bread

6 oz. Velveeta cheese, sliced

8 tsp mayonnaise

Directions

1. Place 4 slices of bread on a cutting board or a plate.
2. Layover each one of them a cheese slice. Cover them with the remaining bread slices.
3. Coat each side of a sandwich with a tsp of mayo.
4. Place a pan over medium heat. Grease it with a cooking spray.
5. Cook in it the cheese sandwiches for 30 sec to 40 sec on each side. Serve them right away.
6. Enjoy.

Egg Salad on Pumpernickel



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 270.5

Fat 7.3g

Cholesterol 186.4mg

Sodium 875.4mg

Carbohydrates 35.3g

Protein 15.9g

Ingredients

4 large egg whites, hard-boiled and chopped
2 large egg yolks, hard-boiled and chopped
2 1/2 tbsp fat-free mayonnaise
1/8 tsp table salt
1/8 tsp black pepper
1 1/2 tbsp parsley, chopped

1 tsp Dijon mustard
1 1/2 tbsp red onions, chopped
4 slices pumpernickel bread
4 pieces lettuce

Directions

1. Get a mixing bowl: Whisk in it the egg whites and yolks, mayonnaise, salt, pepper, parsley, mustard, and onion.
2. Spoon the mixture into 2 bread slices. Cover them with lettuce leaves and the other two bread slices.
3. Serve your sandwiches right away with your favorite toppings.
4. Enjoy.

DIJON

Polish Sausage Rolls



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 426.4

Fat 24.1g

Cholesterol 58.8mg

Sodium 1518.0mg

Carbohydrates 35.4g

Protein 16.8g

Ingredients

3/4-1 lb. smoked kielbasa

2 tbsp olive oil

1 tbsp Dijon mustard

1 tbsp prepared horseradish, bottled,
drained

2 tsp white wine vinegar

1 tsp honey

1/4 tsp salt

1/8 tsp pepper



1 small Boston lettuce, torn into small
pieces

4 crusty bread rolls, halved horizontally

Directions

1. Before you do anything, preheat the oven the grill and grease it.
2. Slice the kielbasa into 4 pieces then cut each one in half.
3. Get a mixing bowl: Mix in it the oil, mustard, horseradish, vinegar, honey, salt, and pepper.
4. Get a large mixing bowl: Toss in it half of the dressing with lettuce. Place it aside.
5. Coat the kielbasa slices with the remaining dressing. Cook them on the grill for 1 min on each side.
6. Place the lettuce on the bottom rolls. Top it with the grilled sausage then cover them with the top buns.
7. Serve your sandwiches right away with your favorite toppings.
8. Enjoy.

Grilled Cheese for Spring

 Prep Time: 10 mins
 Total Time: 18 mins

Servings per Recipe: 2
Calories 864.0
Fat 48.1g
Cholesterol 99.5mg
Sodium 1260.7mg
Carbohydrates 83.0g
Protein 25.9g

Ingredients

2 tbsp seedless red raspberry preserves	4 slices muenster cheese
4 slices sourdough bread	3 tbsp butter, softened
2 tbsp chopped pecans	
1 - 2 tbsp sliced green onion	

Directions

1. Coat one side of 2 bread slices with raspberry preserve.
2. Top it with pecans, green onions, and cheese slices. Cover them with the other two bread slices.
3. Place a pan over medium heat.
4. Coat the sandwiches with butter then toast them in the pan for 3 min on each side.
5. Serve your sandwiches right away with your favorite toppings.
6. Enjoy.

BALSAMIC

Steak Sandwiches



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 542.4

Fat 23.7g

Cholesterol 124.3mg

Sodium 989.4mg

Carbohydrates 38.6g

Protein 40.7g



Ingredients

- 1 tsp oil
- 1 large sweet onion, sliced
- 2 garlic cloves, smashed
- 1/8 tsp cayenne pepper
- 1 tsp Worcestershire sauce
- 2 tbsp oyster sauce
- 2 tbsp balsamic vinegar
- 12 -16 oz. round steaks, sliced
- 1/4 C. beef stock
- 4 slices of your favorite thick toasted bread

Directions

1. Get a mixing bowl: Toss in the steak slices with cayenne pepper, Worcestershire sauce, oyster sauce and balsamic vinegar.
2. Place a pan over medium heat, heat in it the oil. Cook in it the onion with garlic for 14 min.
3. Stir in the steak slices and cook them for 4 min. Stir in the stock and cook them for 6 min.
4. Toast the bread slices to your liking. Spoon the steak mixture into 2 bread slices.
5. Cover them with the remaining bread slices. Serve your sandwiches warm
6. Enjoy.

Country Zucchini and Squash Sandwiches

 Prep Time: 10 mins
 Total Time: 25 mins

Servings per Recipe: 6
Calories 267.5
Fat 6.8g
Cholesterol 21.9mg
Sodium 769.5mg
Carbohydrates 36.2g
Protein 15.1g

Ingredients

1/2 C. yellow squash, sliced and diced
1/2 C. red pepper, sliced and diced
1/2 C. green pepper, sliced and diced
1/2 C. broccoli, sliced and diced
1/2 C. onion, sliced and diced
1/2 C. zucchini, sliced and diced
1/2 C. fat-free chicken broth
6 onion rolls, unsliced
6 oz. lean turkey breast, sliced
1 tomatoes, sliced into 6 slices
3 oz. provolone cheese, sliced into 6 slices

Directions

1. Place a pan over medium heat. Stir in it the broth with veggies.
2. Put on the lid and let them cook until they become tender. Drain them.
3. Before you do anything, preheat the oven broiler.
4. Divide the cooked veggies between the bread rolls then top them with the turkey breast, tomato slices, and cheese.
5. Place the sandwiches on a baking tray. Cook them in the oven for few mins until the cheese melts.
6. Serve your sandwiches right away with your favorite toppings.
7. Enjoy.

CHICKEN

Salad Italian



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 389.3

Fat 15.0g

Cholesterol 61.3mg

Sodium 719.4mg

Carbohydrates 36.6g

Protein 25.9g

Ingredients

4 boneless chicken breast halves

1/2 C. water

1 tsp dried basil leaves

1/4 tsp salt

1/4 tsp pepper

1 C. cucumber, chopped

1/2 C. mayonnaise

1/4 C. chopped roasted red pepper

1/4 C. sliced pitted black olives

1/4 C. yogurt

1/4 tsp garlic powder

6 kaiser rolls, split



additional mayonnaise

lettuce leaf

Directions

1. Place a saucepan high medium heat. Stir in it the chicken, water, basil, salt, and pepper.
2. Cook them until they start boiling. Lower the heat and put on the lid. Let them cook for 11 min.
3. Once the time is up, drain the chicken breasts and place them aside to lose heat. Slice them into strips.
4. Get a large mixing bowl: Stir in it the chicken, cucumber, mayonnaise, red pepper, olives, yogurt, garlic powder, salt, and pepper.
5. Coat the inside of the bread rolls with some mayo. Spoon into them the chicken salad mix.
6. Serve them right away with your favorite toppings.
7. Enjoy.

Chicken Salad Summer Sandwich

 Prep Time: 30 mins
 Total Time: 40 mins

Servings per Recipe: 1

Calories	364.8
Fat	26.5g
Cholesterol	33.3mg
Sodium	606.9mg
Carbohydrates	25.0g
Protein	10.3g

Ingredients

1/3 C. turkey bacon, cooked crisp & crumbled
2 large chicken breast halves, boneless, skinned, pre-cooked & cubed
2/3 C. mayonnaise
2 - 4 tsp curry powder
1/4 tsp pepper
1/2 tsp salt
1/3 C. golden raisin

1/3 C. red onion, chopped
1/2 C. celery, chopped
1 C. tomatoes, halved
1/2 C. pecans, toasted & chopped
4 C. mixed salad greens

Directions

1. Place a pan over medium heat. fry in it the bacon until it becomes crunchy. Drain it and place it aside.
2. Get a large mixing bowl: Whisk in it the mayo, curry powder, salt, and pepper.
3. Add to it all the rest of the ingredients. Toss them to coat. Place it in the fridge until ready to serve.
4. Sprinkle the fried bacon on top then serve your salad right away.
5. Enjoy.

BROWNSTONE

Backyard Sandwiches



Prep Time: 6 mins



Total Time: 18 mins

Servings per Recipe: 4

Calories 311.5

Fat 13.6g

Cholesterol 22.4mg

Sodium 345.5mg

Carbohydrates 38.2g

Protein 10.3g

Ingredients

2 tsp honey

1/4 tsp grated lemon rind

4 oz. goat cheese

8 slices cinnamon raisin bread

2 tbsp fig preserves

2 tsp basil, sliced

1 tbsp margarine

1 tsp powdered sugar

Directions

1. Get a mixing bowl: Whisk in it the honey, lemon rind, and goat cheese.
2. Brush the outside of the bread slices with some butter.
3. Place a pan over medium heat. Place in it two sandwiches. Put over them a heavy smaller pan or skillet to press them.
4. Let them cook for 2 to 3 min on each side. Repeat the process with the remaining bread slices.
5. Dust your sandwiches with some powdered sugar. Serve them right away.
6. Enjoy.

CNY Turkey Mozzarella Sandwiches



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 296.0

Fat 7.0g

Cholesterol 51.8mg

Sodium 1310.1mg

Carbohydrates 40.6g

Protein 17.6g

Ingredients

2 tsp butter
1 C. sliced onion
1 C. sliced green bell pepper
1/4 tsp black pepper
3/4 lb. sliced deli turkey

4 (2 oz.) sandwich buns
4 oz. low -sodium mozzarella cheese

Directions

1. Place a pan over medium heat, heat in it the butter. Cook in it the bell pepper with onion for 6 min.
2. Season them with a pinch of salt and pepper.
3. Place the deli slices on the bottom bread buns then top them with the onion and pepper mixture followed by a cheese slice.
4. Top them with the top bread buns then serve them right away.
5. Enjoy.





TWIN CITY

Tuna Heroes



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 265.7

Fat 4.7g

Cholesterol 36.1mg

Sodium 1193.7mg

Carbohydrates 26.5g

Protein 28.6g

Ingredients



1 can tuna in water, drained
2 - 3 tbsp mayonnaise
curry powder
pepper
2 tsp green onions, chopped
2 whole dill pickles, diced
1 tsp Dijon mustard

4 slices toasted whole wheat bread
2 lettuce leaves
2 - 4 slices tomatoes

Directions

1. Get a mixing bowl: Combine in it the tuna with mayonnaise, curry powder, green onions, pickles, mustard, a pinch of salt and pepper.
2. Place 2 bread slices on a serving plate. Spoon into them the tuna mixture.
3. Cover them with the top bread slices. Serve your sandwiches right away.
4. Enjoy.

November Little Apple Sandwiches

 Prep Time: 20 mins
 Total Time: 20 mins

Servings per Recipe: 20
Calories 50.4
Fat 3.6g
Cholesterol 8.6mg
Sodium 47.8mg
Carbohydrates 3.4g
Protein 1.3g

Ingredients

1 tsp lemon juice	1/4 C. golden raisin
1 granny smith apple, peeled, cored and chopped	1/4 C. chopped pecans
8 oz. light cream cheese, softened	1/4 tsp cinnamon
1 tsp brown sugar	wheat bread, crusts removed
1 tbsp low-fat milk	
1/2 C. grated carrot	

Directions

1. Get a mixing bowl: Stir in it the chopped apple with lemon juice.
2. Get a large mixing bowl: Cream in it the brown sugar with cream cheese and milk.
3. Fold into it the lemon apple with carrot, raisin, pecans, and cinnamon.
4. Spoon the cram mixture into bread slices then serve them right away.
5. Enjoy.

OFF CAMPUS

Steak Sandwiches



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 669.1

Fat 41.3g

Cholesterol 102.3mg

Sodium 1018.3mg

Carbohydrates 41.2g

Protein 32.3g

Ingredients

8 - 10 sandwich steaks, broken into strips

1 1/2 C. spaghetti sauce



4 steak rolls

4 - 8 slices mozzarella cheese

Directions

1. Before you do anything, preheat an electric fryer or a regular frying pan with oil in it.
2. Deep fry in it the sandwiches strips until they become golden brown.
3. Drain them and place them on paper towels to drain.
4. Place the rolls open on a baking tray. Layover them fried steak strips, spaghetti sauce, and mozzarella.
5. Preheat the oven broiler.
6. Place them in the oven and let them cook for 5 min. Serve your sandwiches hot.
7. Enjoy.

Bologna Club Sandwiches

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories	573.4
Fat	16.5g
Cholesterol	44.2mg
Sodium	1166.0mg
Carbohydrates	77.3g
Protein	28.9g

Ingredients

1/2 C. mayonnaise	8 oz. sliced cooked turkey
1/4 C. Italian salad dressing	2 medium tomatoes, sliced
3 C. shredded lettuce	6 slices American cheese
1 loaf French bread, halved lengthwise	1 medium green pepper, sliced
8 oz. sliced bologna	

Directions

1. Get a mixing bowl: Whisk in it the Italian dressing with mayo.
2. Get another mixing bowl: Stir in it the lettuce with 1/4 of the mayo mixture.
3. Coat one side of the bread slices with the remaining mayo mixture.
4. Top them with the lettuce mix, turkey, bologna, tomato, cheese and green pepper.
5. Serve your sandwiches right away with your favorite toppings.
6. Enjoy.

PHILADELPHIA

Deli Meat Cheese Steaks



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 613.3

Fat 37.6g

Cholesterol 96.3mg

Sodium 1537.7mg

Carbohydrates 37.8g

Protein 30.8g

Ingredients

4 oz. deli roast beef	2 hoagie rolls
4 slices provolone cheese	2 tbsp butter
1 onion, chopped	
1 tbsp olive oil	

Directions

1. Cut the rolls in half and brush their inside with butter.
2. Place a pan over medium heat. Place it in the bread halves with the buttered side facing down.
3. Toast them for 40 sec to 1 min on each side. Place them aside.
4. Heat the olive oil in the same pan. Cook in it the onion for 3 min.
5. Lay the bottom rolls halves on a serving plate. put over them the beef slices followed by two cheese slices.
6. Place the hot onion on top then cover them with the top halves.
7. Place the sandwiches on a baking tray and broil them for 2 to 3 min in the oven.
8. Serve them hot with your favorite toppings.
9. Enjoy.

Chicken Cutlets Vietnamese (Banh Mi)



Prep Time: 1 hr 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 2

Calories 303.8

Fat 3.7g

Cholesterol 75.5mg

Sodium 1495.3mg

Carbohydrates 34.3g

Protein 29.9g

Ingredients

2 boneless skinless chicken breasts
Vegetables
1 carrot, sliced lengthwise
1 daikon radish, sliced lengthwise
1/2 tsp salt
4 tsp sugar, divided
3 tbsp white vinegar
2 tbsp water
Sandwich
1 small baguette, cut into 3 sections, sliced
lengthwise, with centers hollowed out
mayonnaise
soy sauce
fresh cilantro
1/2 cucumber, shredded
1 jalapeno, seeded, cut into matchsticks

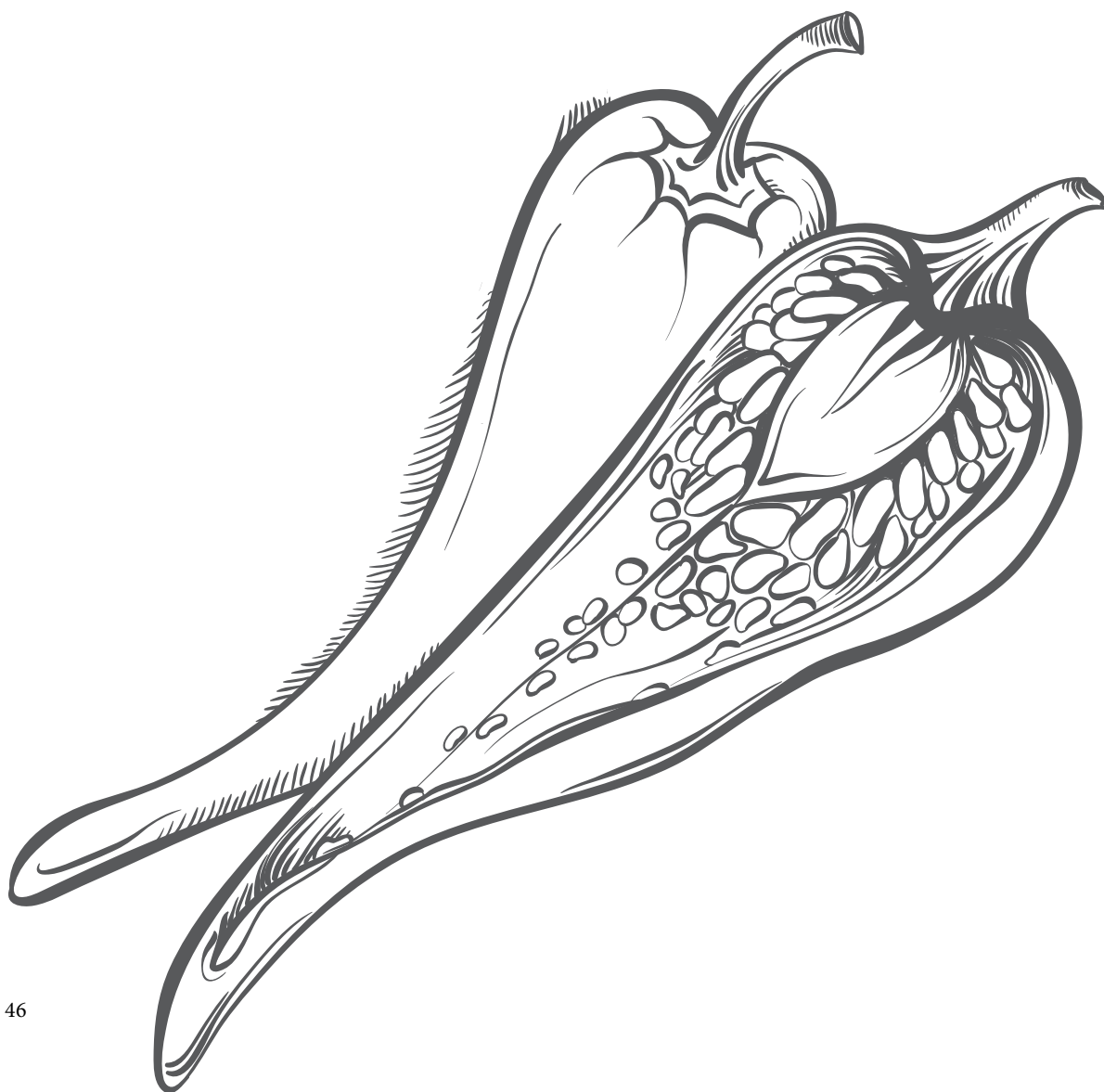
Marinade

2 tbsp mirin
1/2 tbsp soy sauce
1/2 tsp fish sauce
1/4 C. rice vinegar
1 tbsp lime juice
1/2 tsp garlic, minced
1/2 tsp sweet chili sauce
1/2 tbsp teriyaki sauce
1 tbsp sake
1 green onion, white part only, sliced



Directions

1. To prepare the marinade:
2. Get a mixing bowl: Whisk in it all the marinade ingredients.
3. Place in it the chicken breasts and let them sit for 120 min in the fridge.
4. To prepare the pickled veggies:
5. Get a mixing bowl: Stir in it all the veggies with salt and 1 tsp of sugar. Let them rest for 4 min.
6. Run them under some cool water and strain them.
7. Get a mixing bowl: Whisk in it the vinegar, water, and 1 tbsp of sugar.

8. Stir in the daikon with carrot. Cover them and let them sit in the fridge for 60 min.
9. Before you do anything else, preheat the grill and grease it.
10. Drain the chicken breasts from the marinade. Cook them on the grill for 6 to 8 min on each side.
11. Cut the chicken breasts into strips.
12. Coat the inside of the baguette pieces with mayo. Drizzle over them the soy sauce.
13. Spoon into them the pickled veggies with cilantro, cucumber, chicken strips and jalapeno.
14. Serve your sandwiches right away.
15. Enjoy.



Chicken Salad Picnic on Croissants

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 4

Calories	523.7
Fat	31.8g
Cholesterol	100.3mg
Sodium	468.0mg
Carbohydrates	35.8g
Protein	23.8g

Ingredients

2 C. cubed cooked chicken	ground black pepper
1/2 C. dried cherries	lettuce leaf
1/4 C. chopped pecans	4 plain croissants
3 green onions, sliced	
1/2 C. mayonnaise	
1/4 C. light plain yogurt	
1 tbsp lemon juice	

Directions

1. Get a mixing bowl: Toss in it the chicken, cherries, pecans, and onion.
2. Add the mayo, yogurt, and lemon juice. Combine them well.
3. Place the mixture in the fridge and let it sit for 80 min.
4. Slice the croissants in half. Spoon the chicken mixture into the bottom halves.
5. Cover them with the top halves. Serve your sandwiches right away.
6. Enjoy.

ATHENIAN Ciabatta



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 632.1

Fat 33.2g

Cholesterol 48.3mg

Sodium 833.9mg

Carbohydrates 79.7g

Protein 20.4g

Ingredients

Cucumber Salad

6 thin slices English cucumbers

1 small tomatoes, sliced

1/4 yellow bell pepper, seeded and chopped

50 g feta cheese, crumbled

4 pitted oil-packed kalamata olives, drained and chopped

the white of 1 green onion, chopped

1 tbsp lemon juice

1 tbsp olive oil

salt and pepper

Sandwich



1 ciabatta rolls, plain, halved horizontally

1 tbsp mayonnaise

Directions

1. Get a mixing bowl: Stir in it the salad ingredients with a pinch of salt and pepper.
2. Coat the inside of the rolls with mayo. Spoon into them the salad with your favorite toppings.
3. Serve your sandwiches right away.
4. Enjoy.

Maryland Cucumber Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 4

Calories	197.4
Fat	19.4g
Cholesterol	62.4mg
Sodium	213.2mg
Carbohydrates	3.0g
Protein	3.5g

Ingredients

8 oz. cream cheese, softened
1 scallion, minced
1 tbsp parsley, chopped
1 tbsp chives, snipped
1 tbsp dill, snipped
1 garlic clove, minced
1 tsp lemon juice

1 pinch table salt
ground black pepper
crispbread crackers
baby cucumber, sliced
smoked salmon and sliced red onion

Directions

1. Get a mixing bowl: Mix in it the cream cheese, scallion, parsley, chives, dill, garlic, lemon juice, salt, and pepper.
2. Put on the lid and let it rest for 60 min in the fridge.
3. Place some crackers on a serving plate. Cover them with the cream mixture.
4. Layover them the cucumber slices followed by salmon and onion.
5. Serve your cracker sandwiches right away.
6. Enjoy.

HALIBUT Sandwiches



Prep Time: 15 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 247.3

Fat 14.9g

Cholesterol 56.5mg

Sodium 839.1mg

Carbohydrates 7.9g

Protein 20.5g

Ingredients

Halibut

vegetable oil cooking spray

1 (12 oz.) halibut fillets, skinned

1/2 tsp kosher salt

1/4 tsp ground black pepper

1/4 tsp cavanders all-purpose Greek seasoning

extra-virgin olive oil

Bread

1 loaf ciabatta, ends trimmed, halved lengthwise

2 tbsp extra-virgin olive oil

1 garlic clove, smashed, peeled, and halved

Filling

1/3 C. mayonnaise

1/4 C. sun-dried tomato, chopped

1/4 C. basil leaf, chopped

2 tbsp parsley leaves, chopped

1 tbsp capers, drained

1 green onion, sliced

1 large lemon, zest

1/2 tsp kosher salt

1/8 tsp kosher salt

1/4 tsp black pepper, ground

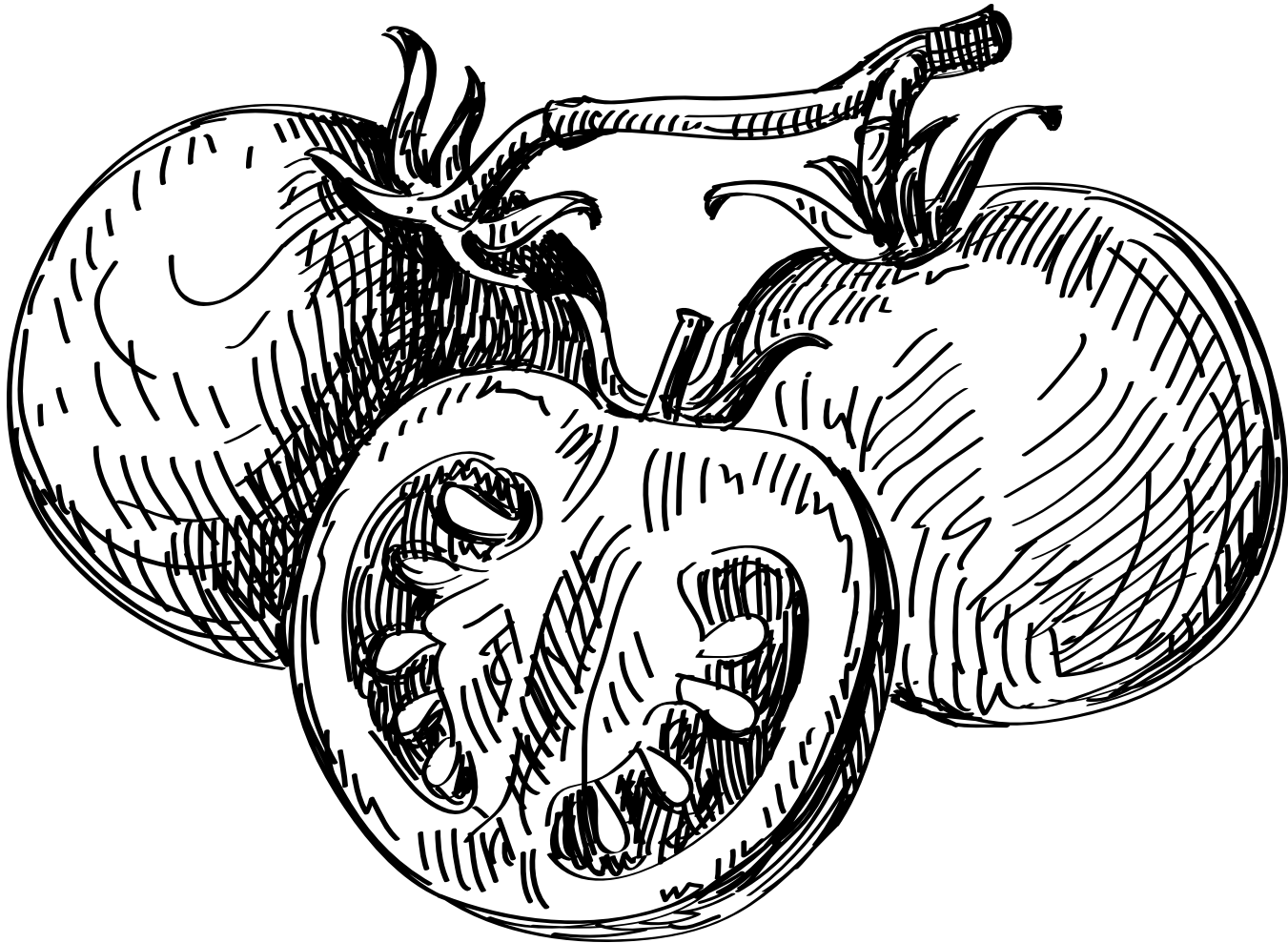
2 C. arugula

4 thin slices prosciutto

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Place the rack in the middle of the oven. Coat a baking pan with a cooking spray.
3. Sprinkle some salt and pepper all over the halibut fillets. Coat them with the Greek seasoning.
4. Place them on the pan and let them cook for 14 min. Allow them to lose heat completely.
5. Before you do anything else, preheat the grill and grease it.
6. Hollow out the inside of the bread halves. Brush them with olive oil.
7. Toast them on the grill for 1 to 2 min on each side.
8. Press the garlic cloves until they become smashed. Peel them and brush the bread rolls with them.

9. Get a mixing bowl: Whisk in it the mayo with sun-dried tomatoes, basil, parsley, capers, green onion, lemon zest, salt, and pepper.
10. Shred the fish fillets and add them to the bowl. Toss them to coat. Spoon the mixture into the bottom bread rolls.
11. Layover them the arugula and cover them with the top buns. Serve your sandwiches right away.
12. Enjoy.







BAVARIAN Grilled Cheese



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 1

Calories 560.5

Fat 33.1g

Cholesterol 97.4mg

Sodium 963.1mg

Carbohydrates 37.4g

Protein 28.5

Ingredients

2 slices dark rye bread
3 slices gruyere Swiss cheese
1/3 C. sauerkraut, drained and heated

2 tsp butter

Directions

1. Coat the bread slices with some butter on each side.
2. Place a pan over medium heat. Place in it the bread slices.
3. Top one of them with 2 slices of cheese. Top the other with a slice of cheese and sauerkraut.
4. Lift the slice of bread with cheese and lay it on top of the other slice with the cheese facing down.
5. Press it gently and let it cook for 40 sec. Flip the sandwich and cook it for 1 min on the other side.
6. Serve your sandwiches right away with your favorite toppings.
7. Enjoy.

Chicago Fajita Rolls



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 440.5

Fat 30.8g

Cholesterol 121.5mg

Sodium 566.2mg

Carbohydrates 9.7g

Protein 30.4g

Ingredients

- 1 1/4 lbs. top sirloin steaks
- 2 tbsp olive oil
- 2 tbsp butter
- 3 garlic cloves, chopped
- 4 (6 inches) French rolls
- 2 medium red bell peppers, seeded, quartered and sliced
- 2 medium green bell peppers, seeded, quartered and sliced
- 1 medium onion, chopped
- 3/4 tsp salt
- 1/4 tsp black pepper

Directions

1. Before you do anything, preheat the grill and grease it.
2. Place a pan over medium heat; heat in it the oil with butter. Cook in it the garlic for 1 min.
3. Cut the rolls open and coat their inside of with the melted butter mixture.
4. Place the rolls on the grill and toast them for 1 min on each side.
5. Coat the steaks with some olive oil then season them with a pinch of salt and pepper.
6. Place them on the grill and cook them for 8 to 9 min on each side.
7. Allow them to rest for few minutes then cut them into thin slices.
8. Stir the peppers with onion into the remaining butter mix in the pan with 1/2 tsp of salt and pepper.
9. Cook them for 5 to 7 min.
10. Spoon the mixture into the rolls then top them with steak strips.
11. Serve your sandwiches right away with your favorite toppings.
12. Enjoy.

HOW TO

Make a Monte Cristo



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 424.6

Fat 16.2g

Cholesterol 83.7mg

Sodium 752.3mg

Carbohydrates 28.1g

Protein 39.7g

Ingredients

1/2 lb. turkey breast, scaloppini, sliced and pounded

2 tsp vegetable oil

1/2 tsp oregano, dried

1/8 tsp sea salt

1/8 tsp pepper

1 egg white

1 tbsp skim milk

1/8 tsp cayenne pepper

2 tbsp Dijon mustard

4 slices bread

3/4 C. spinach leaves

1 small pear, sliced

2 oz. low-fat Swiss cheese

Directions

1. Coat the whole turkey with the spices.
2. Place a pan over medium heat. Grease it with a cooking spray.
3. Stir in it the turkey and let it cook for 4 min. Drain it and place it aside.
4. Get a shallow mixing bowl: Whisk in it the egg white, milk, and salt and pepper.
5. Coat one side of 2 slices of bread with 2 tsp of mustard. Top them with spinach, pear, cooked turkey, and cheese.
6. Coat the other 2 bread slices with mustard. Place them on top.
7. Place a pan over medium heat. Heat in it the oil.
8. Gently coat the sandwiches with the milk mixture.
9. Place them in the hot pan and cook them for 4 to 5 min on each side.
10. Serve your sandwiches right away with your favorite toppings.
11. Enjoy.

Grilled Cheese Los Angeles



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 667.9

Fat 28.1g

Cholesterol 78.3mg

Sodium 997.5mg

Carbohydrates 74.4g

Protein 29.7g

Ingredients

4 slices French bread	1 1/2 tbsp butter, softened
2 slices Swiss cheese	1 tsp taco seasoning
1/2 C. shredded cheddar cheese	
2 tsp roasted jalapenos, minced	

Directions

1. Get a mixing bowl: Mix in it the butter with taco seasoning.
2. Spread the mixture over one side of the bread slices.
3. Place a pan over medium heat. Place in it two bread slices with the buttered side facing down.
4. Place a slice of cheese over each bread slice followed by 1 tsp of roasted jalapenos and 1/2 of the cheddar.
5. Layover them the spinach and cover them with the other two bread slices leaving the buttered side facing up.
6. Use a spatula to carefully flip the sandwiches and cook them for 4 to 5 min on the other side.
7. Serve your sandwiches hot with your favorite toppings.
8. Enjoy.

AMERICAN Bologna Rolls



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 12

Calories 214.3

Fat 17.5g

Cholesterol 36.1mg

Sodium 691.8mg

Carbohydrates 6.2g

Protein 8.1g

Ingredients

1/2 lb. of your favorite bologna,
quartered

6 oz. packages sliced American cheese,
quartered

1/4 C. sweet pickle relish

1/4 C. real mayonnaise

Directions

1. Get a blender: Place in it the cheese and bologna. Pulse them several times until they become chunky.
2. Place it in a mixing bowl with relish, a pinch of salt and pepper. Mix them well.
3. Stir in the mayonnaise. Spread the mixture over crackers then serve them.
4. Serve your sandwiches right away.
5. Enjoy.

Chinese Chicken Cutlets



Prep Time: 10 mins



Total Time: 16 mins

Servings per Recipe: 2

Calories 727.4

Fat 23.6g

Cholesterol 65.7mg

Sodium 1504.1mg

Carbohydrates 83.2g

Protein 46.8g

Ingredients

- 1 tbsp soy sauce
- 1 tbsp clear honey
- 1 tsp sesame oil
- 1 garlic clove, crushed & minced
- 8 oz. boneless skinless chicken breasts
- 4 slices sourdough bread
- 4 tbsp peanut butter
- 2 tbsp bean sprouts
- 2 tbsp red bell peppers, seeded and chopped

Directions

1. Get a mixing bowl: Mix in it the butter with taco seasoning.
2. Spread the mixture over one side of the bread slices.
3. Place a pan over medium heat. Place in it two bread slices with the buttered side facing down.
4. Place a slice of cheese over each bread slice followed by 1 tsp of roasted jalapenos and 1/2 of the cheddar.
5. Layover them the spinach and cover them with the other two bread slices leaving the buttered side facing up.
6. Use a spatula to carefully flip the sandwiches and cook them for 4 to 5 min on the other side.
7. Serve your sandwiches hot with your favorite toppings.
8. Enjoy.

CREAM on Marmalade Sandwiches



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 8

Calories 231.8

Fat 9.0g

Cholesterol 23.3mg

Sodium 409.0mg

Carbohydrates 32.5g

Protein 5.4g

Ingredients

2 (3 oz.) packages cream cheese,
softened



1/4 C. orange marmalade

16 slices white bread

Directions

1. Get a mixing bowl: Cream in it the marmalade with cream cheese until they become smooth.
2. Place the bread slices on a cutting board. Use a cookie cutter in the shape of a heart to cut them into 16 hearts.
3. Place them on a serving plate. Spoon the marmalade mix over the bread slices.
4. Serve your marmalade sandwiches right away.
5. Enjoy.

Candy Bar Sandwich

 Prep Time: 15 mins
 Total Time: 21 mins

Servings per Recipe: 1

Calories	365.5
Fat	15.9g
Cholesterol	126.6mg
Sodium	537.0mg
Carbohydrates	44.7g
Protein	10.0g

Ingredients

3 eggs
1 C. milk
2 tbsp sugar
1 tsp vanilla
1/4 tsp salt
12 slices day-old bread, crusts removed

3 (1 5/8 oz.) chocolate candy bars, halved
2 tbsp butter
icing sugar

Directions

1. Grease a baking dish.
2. Get a mixing bowl: Whisk in it the eggs, milk, sugar, vanilla, and salt.
3. Pour half of the mixture into the greased pan. Top it 6 bread slices.
4. Place a piece of chocolate in the middle. Cover it with the rest of the egg mixture.
5. Let it sit for 6 min.
6. Place a pan over medium heat. Heat in it the butter until it melts.
7. Drain the bread slices and cook them in the hot pan for 1 to 2 min on each side.
8. Sprinkle over them some icing sugar and serve them right away.
9. Enjoy.

FRIED

Cheddar Sandwiches



Prep Time: 4 mins



Total Time: 12 mins

Servings per Recipe: 3

Calories 741.6

Fat 57.8g

Cholesterol 160.7mg

Sodium 1109.8mg

Carbohydrates 31.9g

Protein 24.5g

Ingredients

1/2 C. butter



6 slices rye bread

1 (8 oz.) sharp cheddar cheese, sliced

Directions

1. Place a pan over high heat.
2. Coat both sides of the bread slices with butter.
3. Place 3 of them in the pan. Put 2 slices of cheese over each slice of bread.
4. Put on the lid and let them cook until the cheese starts melting.
5. Remove the lid and top the cheese slices with the remaining bread.
6. Flip the sandwiches and cook them on the other side until they become golden brown.
7. Serve your sandwiches right away with your favorite toppings.
8. Enjoy.

Country Beef Hoagies

 Prep Time: 10 mins
 Total Time: 15 mins

Servings per Recipe: 4

Calories	679.3
Fat	51.4g
Cholesterol	141.8mg
Sodium	1446.5mg
Carbohydrates	8.2g
Protein	43.2g

Ingredients

1 tbsp olive oil	1/2 teaspoon fennel seed
1 lb. ground beef	3 garlic cloves
1 lb. hot Italian sausage, casings removed, optional	pizza sauce
1 onion, chopped	sliced mozzarella cheese
1/2 green pepper, chopped	hoagie roll

Directions

1. Place a pan over medium heat, heat in it the oil. Cook in it the onion for 2 min.
2. Stir in the fennel seeds and cook them for 1 min. Stir in the meat and cook them for 6 min.
3. Divide the mixture into hoagie rolls. Top them with some pizza sauce and mozzarella cheese.
4. Serve your sandwiches right away.
5. Enjoy.

EGG

Provolone Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 498.9

Fat 32.7g

Cholesterol 393.7mg

Sodium 938.3mg

Carbohydrates 25.8g

Protein 25.2g

Ingredients



1/2 C. broccoli, chopped
1 tbsp olive oil
2 eggs
1/4 teaspoon garlic powder
1/4 teaspoon Lawry's Seasoned Salt
1/8 teaspoon salt

1/8 teaspoon pepper
1 tbsp milk
1-oz. provolone cheese
2 slices Italian bread

Directions

1. Place a pan over medium heat; heat in it the olive oil.
2. Cook in it the broccoli with garlic powder and a pinch of salt for 3 min.
3. Get a mixing bowl: Whisk in it the eggs with milk, salt, and pepper.
4. Spread the broccoli in the pan then pour over it the eggs mixture. Cook them for 1 min.
5. Lay the cheese slice on top and let them cook until the eggs are done.
6. Spoon the mixture over bread slices then serve your sandwiches right away.
7. Enjoy.

Baja Shrimp Salsa Rolls

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 12

Calories	159.4
Fat	10.0g
Cholesterol	57.2mg
Sodium	176.8mg
Carbohydrates	11.9g
Protein	6.3g

Ingredients

6 slices egg bread, crusts removed
Flavored Butter
1/4 C. soft butter
1 avocado, peeled
1 tbsp lemon juice
1 teaspoon chili powder
salt
Garnish
8 oz. cooked baby shrimp

2 tbsps lemon juice
2 tbsps olive oil
1/2 teaspoon hot pepper sauce
salt
1/2 English cucumber, sliced
watercress leaf

Directions

1. Get a mixing bowl: Cream in it the butter, avocado, lemon juice, chili powder and salt to make the butter.
2. Get another mixing bowl: Stir in it the shrimp with lemon juice, olive oil, hot pepper sauce, and salt.
3. Season the cucumbers slices with some salt. Place them in a colander and let them drain for 22 min.
4. Once the time is up, use a kitchen towel or paper towels to blot the cucumber slices until they become dry.
5. Place half of the bread slices on a cutting board. Coat one the side facing up with lemon butter.
6. Arrange over them the cucumber slices followed by hot shrimp and watercress leaves.
7. Cover them with the remaining bread slices.
8. Serve your sandwiches right away with your favorite toppings. Enjoy.





SEATTLE

Chicken Sandwich



Prep Time: 10 mins



Total Time: 28 mins

Servings per Recipe: 6

Calories 264.3

Fat 9.8g

Cholesterol 55.5mg

Sodium 998.0mg

Carbohydrates 21.5g

Protein 23.9g

Ingredients

6 slices Italian bread

1/3 C. basil pesto, see appendix

3 oz. sliced prosciutto, optional

1 (14 oz.) cans artichoke hearts, drained and sliced

1 (7 oz.) jars roasted red peppers,

drained and cut into strips

12 oz. cooked chicken, cut into strips

4 - 6 oz. shredded provolone cheese

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Coat one side of each bread slice with pesto.
3. Arrange the prosciutto slices followed by artichoke slices, red pepper strips, and chicken strips over the bread slices.
4. Lay 6 pieces of foil over a cutting board. Place each sandwich gently in a piece of foil then wrap it around it.
5. Put them in a baking sheet then cook them in the oven for 9 min.
6. Discard the foil pieces and place the open sandwiches back on the tray.
7. Sprinkle over them the shredded cheese. Broil the sandwiches in the oven for an extra 4 min.
8. Serve your sandwiches hot with your favorite toppings.
9. Enjoy.

New Jersey Meatball Parm



Prep Time: 5 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 466.6

Fat 20.9g

Cholesterol 46.3mg

Sodium 1401.4mg

Carbohydrates 45.5g

Protein 23.3g

Ingredients

1 hoagie roll, toasted and split lengthwise, toasted
1/4 C. shredded mozzarella cheese
1/4 C. shredded provolone cheese
5 -6 precooked meatballs, heated
1/2 C. homemade marinara sauce, heated through

1 teaspoon grated parmesan cheese
1 dash dried oregano
1 dash dried basil

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Sprinkle 1 tbsp of mozzarella and provolone cheese in the bread roll.
3. Arrange in it the meatballs and pour over them the hot marinara sauce.
4. Top the meatballs with the remaining cheese followed by parmesan cheese.
5. Top them with the dry basil and oregano. Place the sandwich in a baking dish.
6. Place it in the oven and let it cook for 4 to 5 min until the cheese melt.
7. Allow the sandwich to rest for few minutes then serve it hot.
8. Enjoy.

ROAST BEEF Magnifique



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 232.6

Fat 10.2g

Cholesterol 27.0mg

Sodium 560.3mg

Carbohydrates 28.9g

Protein 6.2g

Ingredients

1/2 small carrot, grated

2 tbsps cream cheese spread

2 tbsps iceberg lettuce, shredded



2 slices sandwich bread

1/4 C. roast beef, chopped

Directions

1. Get a mixing bowl: Toss in it the carrot, cream cheese, and iceberg lettuce.
2. Place a slice of bread on a serving plate. Pour over it half of the lettuce mixture.
3. Layover it the roast beef and top it with the rest of the lettuce mixture.
4. Cover it with second bread slice. Slice your sandwich in half then serve it right away.
5. Enjoy.

Alaskan Topped Focaccia

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 4

Calories	198.9
Fat	8.6g
Cholesterol	58.1mg
Sodium	269.3mg
Carbohydrates	8.2g
Protein	21.8g

Ingredients

1 (14 3/4 oz.) cans salmon, deboned
1/2 C. pesto sauce, see appendix
1/2 C. red onion, chopped
1/3 C. sun-dried tomato, chopped
4 tbsps mayonnaise

2 teaspoons lemon peel, shredded
1 focaccia bread
romaine lettuce leaf

Directions

1. Get a mixing bowl: Combine in it the salmon and pesto with tomatoes, onion, and lemon peel.
2. Cut the bread roll in half. Arrange over the bottom half the lettuce followed by the salmon salad.
3. Cover it with the upper bread half. Slice the sandwich into 4 pieces and wrap each one of them with a cling wrap.
4. Place the sandwiches in the fridge and let them sit for at least overnight.
5. Unwrap your sandwiches and serve them with your favorite toppings.
6. Enjoy.

AMERICAN

Bacon Lettuce and Tomato (BLT)



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 262.6

Fat 10.1g

Cholesterol 91.5mg

Sodium 866.1mg

Carbohydrates 6.1g

Protein 35.6g

Ingredients

4 slices multigrain bread, toasted

1 tbsp fat-free Caesar salad dressing

5 oz. cooked chicken breasts, shredded

4 slices turkey bacon



1 tomatoes, sliced

6 leaves lettuce

Directions

1. Place a pan over medium heat. Cook in it the bacon until it becomes crisp.
2. Drain it and place it aside.
3. Place 2 bread slices on a serving plate. Drizzle over them the salad dressing.
4. Top them with the shredded chicken, tomato, bacon and lettuce. Lay the other 2 slices of bread on top.
5. Slice your sandwiches in half then serve them.
6. Enjoy.

New Bologna Sandwiches

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 2

Calories	319.1
Fat	14.3g
Cholesterol	27.8mg
Sodium	946.8mg
Carbohydrates	37.3g
Protein	10.6g

Ingredients

4 slices white bread
2 slices bologna, blue ribbon
2 slices processed cheese

1 medium apple, cored and sliced.

Directions

1. Place 2 bread slices on a serving plate.
2. Arrange over them the bologna slices followed by the apple slices, and cheese.
3. Top them with the remaining bread slices. Serve your sandwiches right away.
4. Enjoy.

SALAMI

Sandwich Press



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 266.4

Fat 15.9g

Cholesterol 26.0mg

Sodium 445.7mg

Carbohydrates 20.9g

Protein 10.0g

Ingredients

3 medium red bell peppers, roasted and sliced into strips

1 1/2 teaspoons Dijon mustard

1 tbsp balsamic vinegar

1/4 C. extra-virgin olive oil

2 tbsps warm water

salt & ground black pepper

1 loaf rustic Italian bread

1/2 C. black olive paste

8 oz. goat cheese

8 oz. marinated artichoke hearts

6 oz. prosciutto, sliced



1/4 lb. peppered salami, sliced

2 1/4 C. loosely packed mixed herbs

Directions

1. Get a mixing bowl: Whisk in it the mustard and vinegar.
2. Add the olive oil gradually while whisking followed by 2 tbsp of water. Season the vinaigrette with a pinch of salt and pepper. Place it aside. Cut the bread loaf in half. Discard the soft crumb from the bread halves to leave the hollow in the middle.
3. Drizzle some olive oil in the bottom half.
4. Top it with the pepper strips followed by crumbled goat cheese, and artichoke hearts. Pour half of the vinaigrette over them. Lay the prosciutto and salami slices on top.
5. Pour the other half of the vinaigrette on top followed by the mixed fresh herbs. Lay the top bread half on top.
6. Completely wrap the sandwiches with a cling foil. Place over it a heavy pan and let it sit for 60 min.
7. Cut your sandwiches into 5 to 10 pieces then serve them.
8. Enjoy.

Jakarta Chicken Sandwiches

 Prep Time: 15 mins
 Total Time: 35 mins

Servings per Recipe: 4
Calories 408.9
Fat 18.0g
Cholesterol 85.7mg
Sodium 674.1mg
Carbohydrates 36.2g
Protein 25.3g

Ingredients

2 tbsps plain yogurt
1 tbsp peanut butter
2 teaspoons curry powder
1 teaspoon ginger
1/2 teaspoon garlic powder
1 1/2 teaspoons soy sauce
1 C. cooked chicken breast, chopped
1 1/2 C. carrots, shredded
4 oz. Monterey jack cheese, shredded
1 (8 oz.) cans Pillsbury Refrigerated Crescent Dinner Rolls
1/2 C. mango chutney, see appendix

Directions

1. Before you do anything, preheat the oven to 375 F.
2. Grease a baking tray with a cooking spray. Place it aside.
3. Get a mixing bowl: Whisk in it the yogurt, peanut butter, curry powder, ginger, garlic powder and soy sauce.
4. Stir in the chicken, carrots, and cheese to make the salad.
5. Divide the dough into 4 large rectangles. Lay them on the greased tray, pinch the seams to seal them.
6. Divide the salad between the dough rectangles. Pull the 4 corners of dough on top then pinch them to seal them.
7. Place the tray in the oven and let the sandwiches cook for 16 to 21 min.
8. Once the time is up, place the sandwiches aside to cool down for a while.
9. Place a heavy saucepan over medium heat. Stir in it the chutney until it becomes hot.
10. Spoon it over it the sandwiches or serve it next to them.
11. Enjoy.

ITALIAN

Summer Festival Rolls (Sausage and Peppers)



Prep Time: 15 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 8

Calories 826.9

Fat 54.8g

Cholesterol 119.1mg

Sodium 2496.4mg

Carbohydrates 37.2g

Protein 44.1g

Ingredients



3 lbs. hot Italian sausage
3 onions, sliced
2 crushed garlic cloves
3 red bell peppers, cut into strips
3 C. crushed tomatoes
2 oz. tomato paste
1 tbsp Italian seasoning

8 Italian sandwich buns, split and toasted
2 C. grated mozzarella cheese
grated parmesan cheese

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place the sausages in a deep baking dish. Cook them in the oven for 32 min. Discard the excess grease.
3. Stir into them the garlic, onions, peppers, crushed tomatoes, tomato paste, and spices.
4. Lay a piece of foil over the pan and let them cook for 32 min in the oven.
5. Once the time is up, discard the piece of foil and let it cook for an extra 11 min.
6. Spoon the baked sausage mixture into the buns then top them with mozzarella and parmesan cheese.
7. Place the burgers in the oven and let them cook for 2 to 3 min until the cheese melt.
8. Serve your sausage burgers hot.
9. Enjoy.

Brooklyn Deli Roast Beef

 Prep Time: 5 mins
 Total Time: 15 mins

Servings per Recipe: 6

Calories	238.0
Fat	14.2g
Cholesterol	69.6mg
Sodium	1047.8mg
Carbohydrates	5.9g
Protein	21.6g

Ingredients

- 1 (10 1/2 oz.) frozen garlic bread
- 1/2 lb. mushrooms, sliced
- 2/3 C. onion, sliced
- 1 teaspoon garlic, minced
- 4 teaspoons butter
- 1 teaspoon Worcestershire sauce
- 1 lb. deli roast beef, shaved
- 6 slices Colby cheese

Directions

1. Prepare garlic bread in the oven by following the instructions on the package.
2. Place a pan over medium heat, heat in it the butter. Cook in it the mushrooms with garlic and onion for 5 min.
3. Add the Worcestershire sauce with a pinch of salt and pepper. Stir them well.
4. Cut the loaf of bread in half and place them on a serving plate.
5. Arrange over each half then roasted beef followed by mushroom mix.
6. Sprinkle the cheese on top. Place the pan in the oven and let them cook for 2 min in the oven.
7. Serve your sandwiches right away.
8. Enjoy.





CANDY Sandwich



Prep Time: 5 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories	168.3
Fat	12.3g
Cholesterol	30.5mg
Sodium	229.1mg
Carbohydrates	12.6g
Protein	2.0g

Ingredients

1 slice white bread, toasted
1 tbsp butter, softened
rainbow candy sprinkles

Directions

1. Slice off the crust of the toasted bread slice.
2. Coat one side of it with butter then press into it the sprinkles.
3. Serve your candy sandwich right away.
4. Enjoy.

Southwest Chicken Buns



Prep Time: 15 mins



Total Time: 40 mins

Servings per Recipe: 4

Calories 413.4

Fat 11.5g

Cholesterol 79.2mg

Sodium 560.4mg

Carbohydrates 41.6g

Protein 35.1g

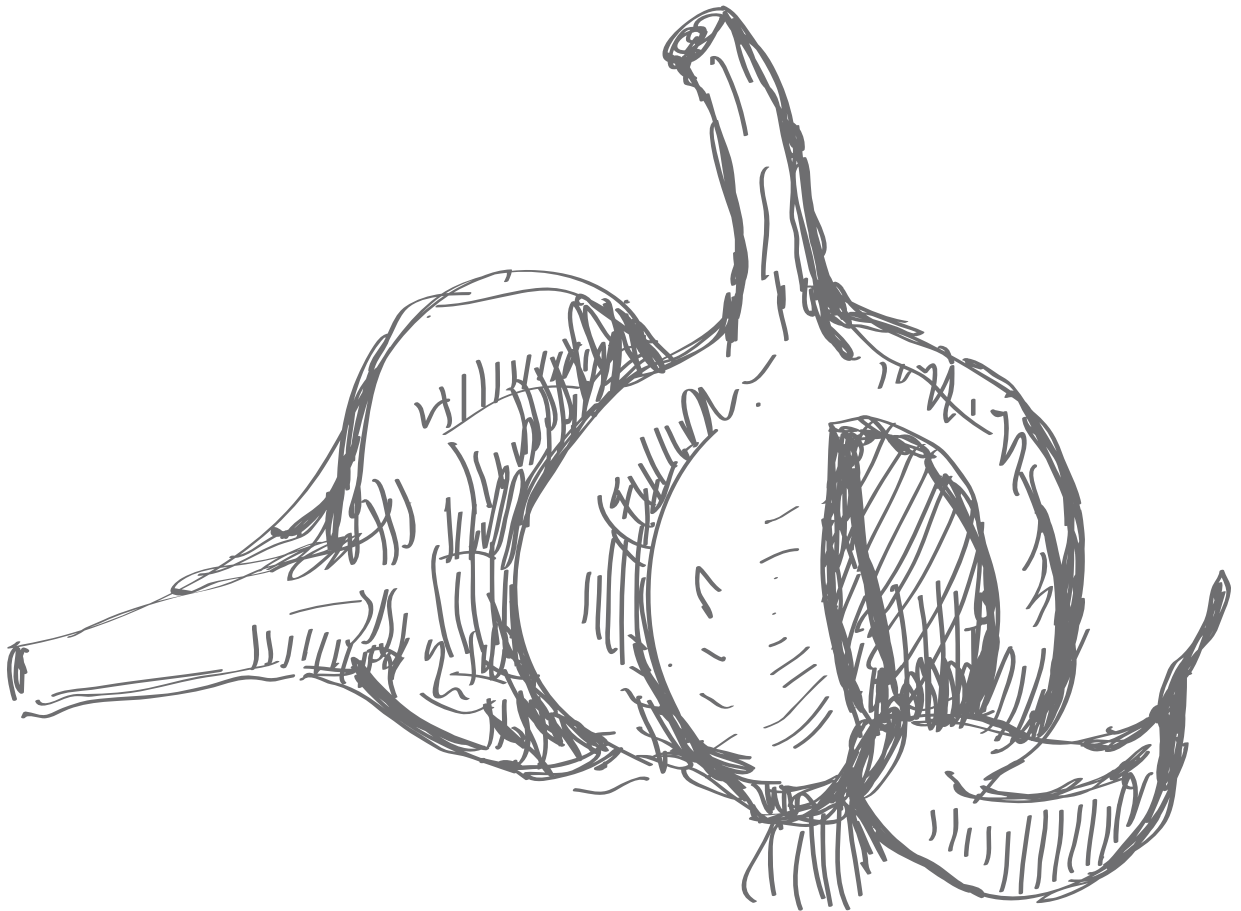
Ingredients

- 1/2 C. water
- 1 teaspoon ground cumin
- 4 garlic cloves
- 1 lb. boneless skinless chicken breast
- 1 (7 oz.) cans chipotle chilies in adobo
- 1 tbsp olive oil
- 1 tbsp garlic, minced
- 1 teaspoon ground cumin
- 1/2 C. tomato puree, canned
- 1/4 C. cider vinegar
- 3 tbsps honey
- 1 tbsp Worcestershire sauce
- 1/4 teaspoon salt
- 4 (1 1/2 oz.) sandwich buns
- 2 oz. Monterey jack cheese, sliced
- 4 slices red onions

Directions

1. Place a pot over high heat. Stir in it the water with 1 tsp of cumin, 4 sliced garlic cloves, and chicken. Put on the lid and let them cook until they start boiling. Lower the heat and cook them for 12 min.
2. Strain the chicken breasts and slice them into slices.
3. Reserve 2 tbsp of adobo sauce. Drain and chop 2 chipotle chilies. Place them aside. Place a pan over medium heat. Heat in it the oil. Cook in it 1 tbsp of minced garlic for 2 min.
4. Stir in 1 tsp of cumin. Cook them for 60 sec. Add the tomato purée and let them cook for 4 to 5 min while stirring it.
5. Add the reserved 2 tbsp of adobo sauce with the chopped chilies, vinegar, honey, Worcestershire sauce and 1/4 tsp of salt.
6. Stir in the chicken strips and cook them for 4 min.
7. Before you do anything else, preheat the oven broiler.
8. Cut up the rolls in half. Place them on a baking tray and toast them in the oven for 60 sec.

9. Spread the chicken mixture over the bottom rolls. Sprinkle over them the cheese.
10. Place them in the oven and cook them for 2 to 3 min until the cheese melts.
11. Lay the red onions slices on top then cover them with the upper bread halves.
12. Serve your sandwiches right away with your favorite toppings.
13. Enjoy.



Grilled Cheese Florentine



Prep Time: 5 mins



Total Time: 12 mins

Servings per Recipe: 4

Calories 689.8

Fat 44.9g

Cholesterol 95.7mg

Sodium 3120.0mg

Carbohydrates 44.2g

Protein 30.1g

Ingredients

1 (14 oz.) jars roasted red peppers, strips
0.5 (14 oz.) jars pimento stuffed olives,
sliced
3 - 4 tbsps extra-virgin olive oil
8 slices French style fresh baked bread,
sliced

2 1/2-3 1/3 C. shredded fontina
4 garlic cloves, chopped
4 tbsps chopped cilantro

Directions

1. Get a mixing bowl: Stir in the olives with roasted red peppers with garlic and cilantro.
2. Place 4 bread slices on a cutting board. Top them with half of the fontina cheese.
3. Spoon the pepper mixture then sprinkle the remaining cheese on top.
4. Cover the sandwiches with the remaining bread slices.
5. Place a pan over medium heat. Heat in it the olive oil. Place over them a heavy pan to press them.
6. Let the sandwiches cook for 1 to 2 min on each side until the cheese melts.
7. Serve your sandwiches right away with your favorite toppings.
8. Enjoy.

CATALINA'S

Mexican Refried Cheddar Rolls



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 110.7

Fat 3.5g

Cholesterol 9.9mg

Sodium 253.7mg

Carbohydrates 14.5g

Protein 5.1g

Ingredients

2 French rolls



1/2 C. refried beans

1/4 C. shredded cheddar cheese

Directions

1. Before you do anything, preheat the oven broiler.
2. Slice the bread rolls in half. Place them 3 inches away from the heat and let them toast for 60 min.
3. Place the bread slices on a serving plate. Spoon over each slice 2 tbsp of beans and 1 tbsp of cheese.
4. Place sandwiches back in the oven and place them 3 inches away from the heat.
5. Let them cook for 1 to 2 min until the cheese melt.
6. Serve your sandwiches warm.
7. Enjoy.

Apricot and Bacon Muffin Sandwiches

 Prep Time: 5 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	393.4
Fat	17.5g
Cholesterol	251.5mg
Sodium	958.9mg
Carbohydrates	37.0g
Protein	22.0g

Ingredients

- 1 teaspoon butter, melted
- 1 egg
- 1 tbsp milk
- 1 English muffin, split
- 2 teaspoons apricot preserves
- 1 slice American cheese
- 1 slice turkey bacon

Directions

1. Get a mixing microwave safe C.: Whisk in it the egg with milk and melted butter until they become smooth.
2. Place it in the microwave and cook it for 26 sec on high.
3. Place it aside and stir it well with a fork. Place it back in the microwave and cook it for 21 sec on high.
4. Slice the English muffins in half. Place the bottom halves on a plate.
5. Pour over them the apricot preserves followed by half of the milk and mixture, cheese, and bacon.
6. Cover them with the upper halves of the English muffins.
7. Place your muffin sandwiches in the microwave and cook them for 31 sec on high.
8. Serve your muffin sandwiches right away.
9. Enjoy.

DENVER

Chicken Gyros



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 383.0

Fat 11.7g

Cholesterol 58.6mg

Sodium 601.0mg

Carbohydrates 46.4g

Protein 25.5g



Ingredients

- 1/4 C. reduced-calorie mayonnaise
- 1/4 C. plain low-fat yogurt
- 3/4 teaspoon curry powder
- 1/8 teaspoon salt
- 1/8 teaspoon ground red pepper
- 1 clove garlic, minced
- 2 C. diced cooked chicken
- 5 green onions, including tops, chopped
- 1 large sweet green peppers
- 1 small golden delicious apples
- 2 tbsps minced fresh cilantro
- lettuce leaf
- 4 whole wheat pita bread, halved

Directions

1. Get a mixing bowl: Mix in it the mayo with yogurt, curry powder, salt, ground red pepper, and garlic.
2. Add the chicken, green onions, green pepper, apple, and cilantro. Toss them to coat.
3. Arrange the lettuce leaves in the pita halves, top them with the chicken mixture.
4. Tightly wrap the sandwiches in a piece of cling wrap. Place them in the fridge until ready to serve.
5. Enjoy.

Kerala Chutney Chicken Sandwich

 Prep Time: 15 mins
 Total Time: 20 mins

Servings per Recipe: 4
Calories 155.1
Fat 11.6g
Cholesterol 30.8mg
Sodium 124.8mg
Carbohydrates 2.6g
Protein 10.2g

Ingredients

naan bread, 2 large
3 tbsps mango chutney, see appendix
3 tbsps tomato paste
1 C. rotisserie-cooked chicken, diced

1 C. romaine lettuce, diced
2 tbsps olive oil

Directions

1. Before you do anything, preheat the oven to 450 F.
2. Lay the bread on a baking pan. Toast them in the oven for 6 min.
3. Get a mixing bowl: Mix in it the chutney and tomato paste. Spread it over one naan bread.
4. Get a mixing bowl: Stir in it the chicken with lettuce, olive oil and a pinch of salt.
5. Spoon the mixture over the chutney layer. Cover it with the other naan bread.
6. Slice the sandwiches into 4 pieces then serve them right away.
7. Enjoy.

JAMAICAN

Jerk Sandwiches



Prep Time: 30 mins



Total Time: 40 mins

Servings per Recipe: 2

Calories 380.2

Fat 13.6g

Cholesterol 101.2mg

Sodium 390.2mg

Carbohydrates 26.4g

Protein 37.6g

Ingredients

2 boneless skinless chicken breast halves

1 tbsp jerk rub, or Jamaican jerk seasoning, see appendix

2 garlic cloves, minced

2 tbsps mayonnaise

cayenne pepper

6 slices roasted red peppers, diced

1/2 red bell pepper, roasted

1/2 yellow bell pepper, roasted



2 whole wheat hamburger buns, split and toasted

2 slices Swiss cheese

Directions

1. Rub the chicken breasts with the jerk seasoning. Place them aside and let them sit for 30 min.
2. Get a food blender: Place in it the roasted pepper with garlic, mayonnaise, and cayenne pepper.
3. Pulse them until they become finely chopped.
4. Place a pan over medium heat. Grease it with a cooking spray.
5. Cook in it the chicken breast halves for 5 to 7 min on each side until they are done.
6. Place the bottom halves of the buns on a serving plate.
7. Spread over them the roasted pepper mixture followed by cheese slices and chicken halves.
8. Place your sandwiches in the microwave and cook them for 25 sec on high until the cheese melts.
9. Serve your sandwiches right away with extra toppings of your choice. Enjoy.

Hot Pear Sandwiches

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 1

Calories	572.4
Fat	23.0g
Cholesterol	0.0mg
Sodium	786.5mg
Carbohydrates	78.3g
Protein	16.1g

Ingredients

2 slices sourdough bread	1 pinch ginger powder
3 - 4 slices brie cheese	1/4 C. baby spinach leaves
1.2 oz. slice pears	
1/4 C. walnuts	
1 pinch cinnamon	
1 pinch nutmeg	

Directions

1. Place a slice of bread on a serving plate.
2. Arrange over it the brie cheese slices followed by walnuts, and baby spinach.
3. Sprinkle over them the cinnamon, ginger, and nutmeg.
4. Spread the pear paste on one side of the second bread slice.
5. Place it over the sandwich with the side with pear paste facing down.
6. Slice your sandwich in half then serve it right away.
7. Enjoy.

FRENCH TOAST

Breakfast Sandwich



Prep Time: 5 mins

Total Time: 20 mins

Servings per Recipe: 1

Calories 345.7

Fat 15.5g

Cholesterol 235.9mg

Sodium 480.0mg

Carbohydrates 40.5g

Protein 11.8g

Ingredients



1 egg
2 tbsps milk
2 slices white bread
1/2 banana, sliced

2 teaspoons butter

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Get a mixing bowl: Whisk in it the milk with egg. Dip the bread slices in the mixture.
3. Place a skillet over medium heat. Heat in it the butter.
4. Lay in it a slice of bread, top it with the banana slices then cover it with the second bread slice.
5. Cook the sandwiches for 3 to 4 min on each side.
6. Transfer the sandwiches to a baking tray. Cook them in the oven for 11 min.
7. Dust it with some powdered sugar then serve it right away.
8. Enjoy.

Meatball Gyros

 Prep Time: 20 mins
 Total Time: 30 mins

Servings per Recipe: 6

Calories	232.8
Fat	7.9g
Cholesterol	67.1mg
Sodium	191.6mg
Carbohydrates	18.4g
Protein	22.3g

Ingredients

Meatballs

- 1 1/4 lbs. lean ground turkey
- 1/4 C. chopped onion
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon dried mint
- 1/2 teaspoon parsley
- 1/2 teaspoon lemon pepper
- 1 garlic clove, minced
- 1 teaspoon lemon juice

Sauce

- 1/2 C. nonfat sour cream
- 1/2 medium cucumber, peeled and chopped
- 1 1/2 teaspoons lemon juice
- 1/8 teaspoon black pepper
- 3 (6 inches) pita bread, halved crosswise
- 6 lettuce leaves, torn into pieces
- 1 medium tomatoes, chopped

Directions

1. Get a mixing bowl: Place in it all the meatballs ingredients. Combine them well.
2. Form the mixture into 18 to 20 meatballs.
3. Get a mixing bowl: Stir in it all the sauce ingredients. Place it in the fridge until ready to serve.
4. Place a pan over medium heat. Coat it with a cooking spray. Cook in it the meatballs for 9 min.
5. Divide the meatballs between the pita halves then spoon over them the sauce.
6. Serve your sandwiches right away with your favorite toppings.
7. Enjoy.





PICNIC

Hummus Wraps



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 249.1

Fat 10.7g

Cholesterol 0.0mg

Sodium 326.2mg

Carbohydrates 30.7g

Protein 9.7g

Ingredients

1 medium tomato, sliced

1 medium avocado, sliced

4 tbsps hummus

8 slices whole wheat bread

Directions

1. Place 4 bread slices on a serving plate.
2. Top them with tomato slices, avocado.
3. Spread one side of the remaining bread slices with hummus.
4. Place them over the avocado layer with the hummus side facing down.
5. Serve your sandwiches with your favorite toppings.
6. Enjoy.

Home-Style Mushroom Melts



Prep Time: 10 mins



Total Time: 23 mins

Servings per Recipe: 4

Calories 349.1

Fat 17.5g

Cholesterol 97.5mg

Sodium 784.3mg

Carbohydrates 29.7g

Protein 17.6g

Ingredients

Sandwich

1 tbsp butter

1/2 C. fresh mushrooms

1/4 C. chopped onion

1/8 teaspoon black pepper

8 slices home-style white bread

4 slices American cheese

4 slices mozzarella cheese

Coating

1 large egg

1 large egg white

3 tbsps low-fat milk

nonstick cooking spray

Directions

1. Place a pan over medium heat, heat in it the butter.
2. Sauté in it the mushrooms, onion, and pepper for 6 min.
3. Place 4 slices of bread on a serving plate.
4. Top each one of them with a slice of cheese followed by the stir-fried mushroom mixture.
5. Cover them with another slice of cheese followed by the remaining bread slices.
6. Place a pan over medium heat. Coat it with a cooking spray.
7. Cook in it the sandwiches for 2 to 3 min on each side until the cheese melts.
8. Serve your sandwiches right away.
9. Enjoy.

HOT

Mushroom Rolls



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 504.2

Fat 20.1g

Cholesterol 62.6mg

Sodium 1004.6mg

Carbohydrates 53.4g

Protein 30.5g



Ingredients

- 1 tbsp vegetable oil
- 6 C. mushrooms, chopped
- 1 green bell pepper, diced
- 1 onion, chopped
- 3 garlic cloves, finely minced
- 1/2 lb. lean ground beef
- 1 tbsp chili seasoning mix
- 1 teaspoon dry oregano
- 1/4 teaspoon salt
- 1/4 teaspoon fresh black pepper
- 19 oz. stewed tomatoes
- 1/4 C. tomato paste
- 1 teaspoon sugar
- 4 kaiser rolls, halved horizontally and toasted
- 4 slices Swiss cheese

Directions

1. Place a pan over medium heat, heat in it the oil.
2. Cook in it the mushrooms, bell pepper, onion and garlic for 6 min.
3. Stir in the beef with chili spice, salt, and pepper. Cook them for 4 min.
4. Stir in the tomatoes, tomato paste, and sugar. Cook them until they start boiling.
5. Lower the heat and let them cook for 14 min until the liquid evaporates.
6. Spoon the saucy beef mixture into the bread rolls. Top them with cheese slices.
7. Serve your sandwiches warm.
8. Enjoy.

Carolina BBQ Sausage Rolls

 Prep Time: 5 mins
 Total Time: 35 mins

Servings per Recipe: 4

Calories	681.4
Fat	38.4g
Cholesterol	69.3mg
Sodium	1587.3mg
Carbohydrates	57.6g
Protein	21.6g

Ingredients

- 1 tbsp olive oil
- 1 lb. smoked sausage, quartered then lengthwise
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 orange bell pepper, sliced
- 2 medium yellow onions, sliced
- 3 garlic cloves, chopped
- 2 tbsps tomato paste
- 1 C. beer
- 1/2 C. barbecue sauce
- 4 hoagie rolls, toasted

Directions

1. Place a pan over medium heat, heat in it the oil. Cook in it the sausages for 8 to 9 min.
2. Drain the sausages and place them aside.
3. Stir the peppers with onion into the skillet. Cook them for 7 min.
4. Stir in the garlic and cook them for 1 min. Add the tomato paste, beer, and BBQ sauce.
5. Let them cook for 3 min. Stir in the cooked sausages. Lower the heat and let them cook for an extra 12 min.
6. Spoon the sausage mixture into the hoagie rolls. Serve them warm with extra toppings of your choice.
7. Enjoy.

RADISH

Revival Sandwich



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 172.3

Fat 10.9g

Cholesterol 31.9mg

Sodium 267.4mg

Carbohydrates 14.4g

Protein 4.3g



Ingredients

- 1/4 C. cream cheese
- 1/2 C. radish, chopped
- 2 slices bread

Directions

1. Get a mixing bowl: Combine in it the radishes with cream cheese well.
2. Spoon the mixture into one slice of bread. Cover it with the second slice of bread.
3. Serve your sandwich right away with extra toppings of your choice.
4. Enjoy.

Kindergarten Wafer Sandwiches

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 1

Calories 113.5

Fat 6.2g

Cholesterol 12.4mg

Sodium 71.5mg

Carbohydrates 13.1g

Protein 1.3g

Ingredients

1 (8 oz.) packages of softened cream cheese

1/4 C. strawberry preserves

1/4 C. powdered sugar

1/2 teaspoon vanilla extract

40 vanilla wafers

Directions

1. Get a mixing bowl: Mix in it the cream cheese with a fork until it becomes soft.
2. Add to it the strawberry preserves with sugar and vanilla extract. Mix them well.
3. Place 20 wafers on a serving plate with the flat side facing up.
4. Spread 2 tsp of the cream mixture over each wafer. Cover them with the remaining wafers.
5. Dust your strawberry sandwiches with some powdered sugar. Serve them with some tea.
6. Enjoy.

CHICKEN

Cutlets

Vietnamese

(Banh Mi II)



Prep Time: 5 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 442.8

Fat 14.5g

Cholesterol 75.5mg

Sodium 1139.0mg

Carbohydrates 42.4g

Protein 35.8g

Ingredients

4 boneless skinless chicken breasts

1 teaspoon olive oil

1/4 teaspoon ginger powder

1/4 teaspoon garlic salt

2 tbsps sugar

3 tbsps peanut butter

2 1/2 tbsps soy sauce

1 tbsp water

1/2 tbsp oil

1 teaspoon vinegar

1 C. broccoli slaw mix

1/2 cucumber, sliced

Cilantro, chopped

hot pepper flakes

4 rolls, split

Directions

1. Before you do anything, preheat the grill and grease it.
2. Coat the chicken breasts with olive oil. Sprinkle over them the garlic salt. Place each bread roll in a piece of foil and wrap it around it.
3. Place the chicken breasts on the grill. Cook them for 6 to 8 min on each side. Place the bread rolls next to the chicken breasts and let them heat until the chicken is ready.
4. Place a heavy saucepan over medium heat. Stir in it the sugar, ginger, peanut butter, soy sauce, water, oil, and vinegar.
5. Let the sauce cook until it starts bubbling while stirring it all the time. Lay the bottom rolls on a serving plate.
6. Arrange over them the cucumber slices followed by grill chicken, broccoli slaw, and peanut butter sauce.
7. Cover them with the upper rolls. Serve your sandwiches right away.
8. Enjoy.

Grilled Cheese Mediterranean



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 711.8

Fat 58.7g

Cholesterol 101.1mg

Sodium 1437.6mg

Carbohydrates 27.4g

Protein 20.8g

Ingredients

1 round loaf crusty bread
5 tbsps olive oil
1/2 lb. feta, sliced
1 large tomatoes

2 teaspoons chopped oregano leaves
ground black pepper

Directions

1. Slice off the crusty side of the bread slice. Cut the remaining loaf into 4 pieces.
2. Place 2 slices of bread on a serving plate.
3. Top them with the feta slices followed by tomato slices, oregano, a pinch of salt and pepper.
4. Cover them with the remaining bread slices.
5. Place a pan over medium heat. Heat in it 1 tbsp of oil or butter.
6. Place in it the sandwiches and let them cook for 2 to 3 min on each side until the cheese starts melting.
7. Serve your sandwiches hot.
8. Enjoy.

JAMAICAN

Jam Sandwiches



Prep Time: 5 mins

Total Time: 10 mins

Servings per Recipe: 1

Calories 353.2

Fat 6.6g

Cholesterol 211.5mg

Sodium 423.3mg

Carbohydrates 61.7g

Protein 10.2g

Ingredients

1 large egg
2 teaspoons caster sugar
1/4 teaspoon vanilla extract
2 slices white bread

2 tbsps raspberry jam
butter

Directions

1. Get a shallow mixing bowl: Whisk in it the vanilla with sugar and egg.
2. Coat the sides of the bread slices with strawberry jam.
3. Place them in the milk mixture and let them soak for 30 sec.
4. Place a skillet over medium heat. Heat in it a stick of butter.
5. Drain the bread slices and place them in the hot pan. Cook them for 2 min on each side.
6. Serve your jam sandwiches warm with some milk.
7. Enjoy.

Honey Turkey with Muenster Sandwiches



Prep Time: 10 mins



Total Time: 16 mins

Servings per Recipe: 2

Calories 576.6

Fat 19.0g

Cholesterol 49.1mg

Sodium 1004.0mg

Carbohydrates 78.7g

Protein 23.5g

Ingredients

- 1 tbsp minced red onion
- 3 tbsps nonfat sour cream
- 1 tbsp Dijon mustard
- 1 teaspoon chopped thyme
- 4 teaspoons butter, softened
- 4 slices sourdough bread
- 6 slices fat-free honey roasted turkey breast
- 4 slices tomatoes
- 2 slices muenster cheese

Directions

1. Get a mixing bowl: Mix in it the onion with sour cream, thyme, and mustard.
2. Coat one side of each bread slice with 1 tsp of butter.
3. Coat the empty side of 2 slices of bread with the cream mixture.
4. Top them with turkey slices, tomato slices, and cheese.
5. Cover them with the other 2 bread slice with the buttered side facing up.
6. Place a large pan over medium heat. Place it in the sandwiches and put on the lid.
7. Let them cook for 3 to 4 min on each side until they become golden brown.
8. Serve your sandwiches warm.
9. Enjoy.





DETROIT

Deli Sandwich



Prep Time: 3 mins



Total Time: 3 mins

Servings per Recipe: 1

Calories 238.5

Fat 3.0g

Cholesterol 47.0mg

Sodium 352.9mg

Carbohydrates 30.7g

Protein 24.1g

Ingredients

1 teaspoon lemon peel, grated

1 tbsp low-fat mayonnaise

2 slices whole grain bread

1 C. baby spinach leaves

2 oz. cooked of turkey breast, sliced

1 small tomatoes, sliced

Directions

1. Get a mixing bowl: Combine in it the mayonnaise with lemon peel.
2. Coat one side of the two bread slices with the mayo mixture.
3. Place a slice of bread on a serving plate with the mayo side facing up.
4. Top with half of the spinach leaves followed by turkey slices, tomato slices, and remaining spinach.
5. Cover them with the second bread slice with mayo side facing down.
6. Serve your sandwiches right away.
7. Enjoy.

Cayuga Cookie Sandwiches



Prep Time: 1 hr 15 mins



Total Time: 1 hr 21 mins

Servings per Recipe: 48

Calories 157.5

Fat 6.5g

Cholesterol 19.9mg

Sodium 117.6mg

Carbohydrates 24.6g

Protein 1.4g

Ingredients

Cookie

- 1 1/2 C. packed brown sugar
- 3/4 C. butter
- 2 tbsps water
- 2 C. semi-sweet chocolate chips
- 2 eggs
- 3 C. all-purpose flour
- 1 1/4 teaspoons baking soda
- 1 teaspoon salt

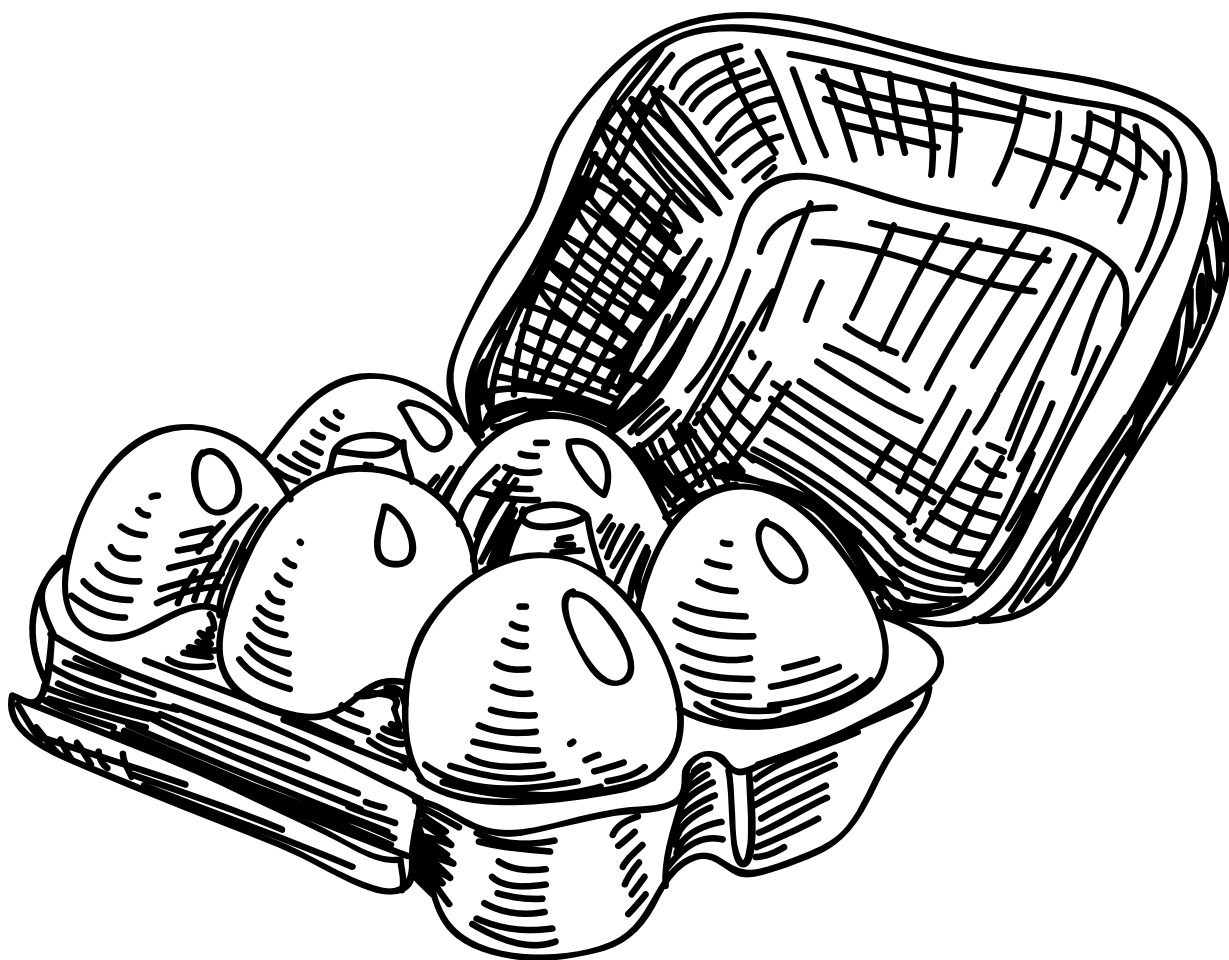
Filling

- 3 C. powdered sugar
- 1/3 C. butter
- 1 teaspoon vanilla extract
- 2 - 4 tbsps milk



Directions

1. To prepare the cookies:
2. Before you do anything, preheat the oven to 350 F.
3. Line up a baking pan with a parchment paper.
4. Place a large saucepan over medium heat. Stir in it the brown sugar, 3/4 C. butter, and water.
5. Let them cook while stirring for 4 min.
6. Stir in the chocolate chips until they melt. Turn off the heat.
7. Add the eggs gradually while whisking them at the same time.
8. Add the flour with baking soda and salt. Combine them well until you get a soft dough.
9. Use a spoon to drop mounds of dough into the lined up pan.
10. Place it in the oven and let them cook for 7 min until they become golden brown.
11. To prepare the filling:
12. Get a large mixing bowl: Cream in it the vanilla with sugar and butter until they become light.

13. Add the milk gradually while whisking until the filling becomes creamy.
14. Allow the cookies to cool down completely. Spoon 2 tsp of the filling into the flat side of a cookie.
15. Press into it the flat side of another cookie to stick them together and make a sandwich.
16. Repeat the process with the remaining cookies and filling.
17. Serve your cookie sandwiches with some tea or milk.
18. Enjoy.



Dijon Portabella Focaccia

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 8

Calories	134.0
Fat	10.5g
Cholesterol	22.3mg
Sodium	136.0mg
Carbohydrates	4.2g
Protein	6.2g

Ingredients

2 tbsps olive oil	1/4 C. Dijon - style mustard
2 large bell peppers, strips	6 oz. shredded cheddar cheese
1 medium onion, sliced	
6 oz. portabella mushrooms, sliced	
16 oz. loaf focaccia bread, halved	

Directions

1. Place a pan over medium heat, heat in it the oil.
2. Cook in it the onions with mushrooms for 5 min.
3. Place the bottom half of the bread loaf on a serving plate.
4. Coat the top of it with mustard followed by the stir-fried mushroom mixture and cheese.
5. Cover it with the upper half. Slice the sandwich into 8 pieces then serve it.
6. Enjoy.

COUNTRY

Pickle Sandwich



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 468.2

Fat 16.8g

Cholesterol 44.6mg

Sodium 1947.7mg

Carbohydrates 60.9g

Protein 22.4g

Ingredients

2 slices deli rye bread, toasted

1 1/2 oz. extra-sharp cheddar cheese,
sliced

1/2 C. vegetarian baked beans

1 kosher dill pickle, sliced

Directions

1. Get a mixing bowl: Pour in it the beans and mash it slightly until it becomes chunky.
2. Place one slice of bread on a serving plate. Spoon on top of it the mashed beans.
3. Top it with the pickle slices and cheese. Cover it with the second bread slice.
4. Serve your bean sandwich as it or heat it in the microwave for 20 sec.
5. Enjoy.

California Croissant Fiesta



Prep Time: 15 mins



Total Time: 19 mins

Servings per Recipe: 1

Calories 474.3

Fat 30.0g

Cholesterol 72.3mg

Sodium 470.5mg

Carbohydrates 38.3g

Protein 14.1g

Ingredients

- 1 croissant
- Dijon-style mustard
- 1 leaf lettuce
- 1 slice Swiss cheese, halved diagonally
- 2 slices thin tomatoes
- 1/2 avocado, peeled and sliced
- 2 tbsps mayonnaise
- 4 slices thin zucchini
- 1 fresh mushrooms, sliced
- 1 teaspoon milk
- 1/2 teaspoon snipped dill weed, crushed
- mixed sprouts

Directions

1. Before you do anything, preheat the oven to 350 F.
2. Place the croissant in a piece of foil then wrap it around it.
3. Place it in the oven and heat it for 4 to 5 min.
4. Once the time is up, discard the foil and slice the croissant in half.
5. Place the bottom half on a serving plate.
6. Arrange over it the lettuce leaf followed by Swiss cheese, tomato slices, avocado, zucchini or cucumber, and mushroom slices.
7. Get a small mixing bowl: Mix in it the milk with mayo, dill, and a pinch of salt.
8. Drizzle the dressing over the mushroom layer.
9. Cover them with the top half of the croissant. Serve your sandwiches right away.
10. Enjoy.

ALTERNATIVE

Chicago Italian Beef



Prep Time: 15 mins



Total Time: 10 hrs 15 mins

Servings per Recipe: 8

Calories 485.2

Fat 30.6g

Cholesterol 145.3mg

Sodium 483.2mg

Carbohydrates 2.6g

Protein 46.2g

Ingredients

4 lbs. bottom round beef roast

Italian seasoning

8 oz. balsamic vinaigrette

1 (1 1/4 oz.) envelopes onion soup mix

Directions

1. Place the beef roast in a slow cooker.
2. Drizzle over it the dressing, soup mix, a pinch of Italian seasoning, salt, and pepper.
3. Put on the lid and let them cook for 11 h on low.
4. Once the time is up, drain the roast allow it to cool down for few minutes.
5. Use two forks to shred the meat and stir it back into the pot with its juices.
6. Spoon the shredded mixture into the bread rolls. Serve them with your favorite toppings.
7. Enjoy.

Dijon Steak Rolls



Prep Time: 15 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 523.1

Fat 20.0g

Cholesterol 140.3mg

Sodium 716.7mg

Carbohydrates 28.4g

Protein 55.3g

Ingredients

2 (6 - 8 oz.) filet steaks, halved lengthwise
salt and pepper
2 sourdough French rolls
3 tbsps mayonnaise
3 tbsps Dijon mustard

6 slices tomatoes
1 C. shredded lettuce

Directions

1. Before you do anything, preheat the grill and grease it with some oil.
2. Lay the 4 steaks over the grill. Cook them for 3 to 5 min on each side. Season them with a pinch of salt and pepper.
3. Transfer them to a cutting board and cut them into strips.
4. Cut the bread rolls in half. Coat the open side of the bottom halves with mustard.
5. Arrange over them the steak slices followed by tomato slices, and shredded lettuce.
6. Coat the open side of the top bread halves with mayo. Lay them over the lettuce layer.
7. Slice your sandwiches in half then serve them.
8. Enjoy.

BEAN SALAD

Sandwiches with Tahini Vinaigrette



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 1

Calories 618.2

Fat 29.9g

Cholesterol 0.0mg

Sodium 771.9mg

Carbohydrates 72.2g

Protein 20.8g

Ingredients

3 C. cooked garbanzo beans, drained and rinsed

1 C. celery, diced

1/2 C. dried cranberries, chopped

1/2 C. walnuts, chopped

1/2 C. scallion, sliced, white & green parts

sea salt

ground pepper

Dressing

6 tbsps tahini

4 tbsps cider vinegar

2 tbsps water

2 teaspoons pure maple syrup

Garnish



lettuce

bread

Directions

1. Get a mixing bowl: Whisk in it the mayo with vinegar, water, and maple syrup to make the dressing.
2. Get a large mixing bowl: Stir in it the garbanzo beans and press them with a fork until they become chunky.
3. Mix in the celery, cranberries, nuts, scallions, salt, pepper and dressing.
4. Place the salad in the fridge and let it sit for 60 min in the fridge.
5. Spoon the mixture into Kaiser rolls. Serve your sandwiches with your favorite toppings.
6. Enjoy.

Moroccan Gyros

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 3

Calories	856.1
Fat	40.4g
Cholesterol	143.8mg
Sodium	771.6mg
Carbohydrates	71.8g
Protein	56.4g

Ingredients

4 C. cooked chicken, shredded
1 small sweet onion, chopped
1/2 C. parsley, chopped
1/2 C. of fresh mint, chopped
1/2 C. black olives, halved
1/2 C. raisins, chopped
1/2 C. orange juice
1/4 C. olive oil
1/2 teaspoon garlic, minced

1 tbsp cumin
2 teaspoons cinnamon
1 teaspoon coriander
1/2 teaspoon cayenne pepper
salt & pepper
3 whole wheat pita bread
3 tbsps mayonnaise
3 C. romaine lettuce, chopped

Directions

1. Get a mixing bowl: Mix in it the chicken with onion, herbs, olives, and raisins.
2. Get another mixing bowl: Whisk in it the orange juice with olive oil, seasonings, and garlic. Stir in the chickpeas.
3. Cut the pita bread in half then coat their inside with mayo.
4. Spoon into them the chicken mixture with chickpea mixture and lettuce.
5. Serve your sandwiches right away or place it in the fridge until ready to serve.
6. Enjoy.

MUSHROOM Rolls



Prep Time: 1 hr 15 mins

Total Time: 1 hr 19 mins

Servings per Recipe: 6

Calories 410.8

Fat 41.6g

Cholesterol 0.0mg

Sodium 29.1mg

Carbohydrates 9.0g

Protein 2.4g

Ingredients

- 1 C. olive oil
- 2 tbsps olive oil
- 6 tbsps aged balsamic vinegar
- 3 garlic cloves, minced
- 2 shallots, minced
- salt & ground black pepper
- 6 portabella mushrooms, brushed clean and stems removed
- 6 round sourdough rolls, halved
- 1 1/2 C. crumbled goat cheese
- 12 sun-dried tomatoes packed in oil, drained and halved
- 24 basil leaves

Directions

1. Get a mixing bowl: Mix in it the oil, vinegar, garlic, shallots, salt, and pepper to make the marinade.
2. Get a roasting dish. Place in it the mushroom caps and drizzle over them half of the marinade.
3. Put on the lid and let them sit for 60 min.
4. Before you do anything else, preheat the grill and grease it.
5. Drain the mushroom caps and place them on the grill. Let them cook for 2 to 3 min on each side.
6. Place the bottom roll halves on a serving plate. Pour 1 tbsp of the remaining marinade over each half.
7. Arrange over them the mushroom caps followed by goat cheese, sun-dried tomatoes, and basil leaves.
8. Cover the sandwiches with the top halves. Slice them in half and serve them with your favorite toppings.
9. Enjoy.

Serrano Manchego Sandwiches



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 271.4

Fat 14.2g

Cholesterol 33.4mg

Sodium 561.8mg

Carbohydrates 26.6g

Protein 10.0g

Ingredients

2 tbsps butter

1/2 teaspoon pimentos, de la Vera

8 slices sandwich-size Italian bread

8 thin slices serrano ham

4 oz. young Mahon cheese, grated

4 oz. manchego cheese, grated

4 fresh piquillo chilies, stems removed, split lengthwise

Directions

1. Get a mixing bowl: Combine in it the pimentos with butter.
2. Coat one side of all the bread slices with the butter mixture.
3. Place 4 slices of bread on a serving plate with the buttered side facing down.
4. Arrange over them the ham slices followed by cheese, and chilies.
5. Cover them with the top bread halves with the buttered side facing up.
6. Place a pan over medium heat. Place in it the sandwiches and put on the lid.
7. Let them cook for to 4 min on each side.
8. Allow the sandwiches to lose heat for few minutes then serve them.
9. Enjoy.





MEMPHIS

Steak Sandwiches with Basil Aioli



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 2

Calories 770.3

Fat 61.0g

Cholesterol 82.8mg

Sodium 589.9mg

Carbohydrates 42.4g

Protein 15.8g

Ingredients

Sauce

3 tbsps sour cream

1 tbsp mayonnaise

1 tbsp basil, chopped

Potato

1/4 C. vegetable oil

2 - 3 fingerling potatoes, sliced

kosher salt

Rolls

3 tbsps butter

4 garlic cloves, minced

2 rolls

2 slices Swiss cheese

Veggies & Meat

1 small green bell pepper, sliced into strips

1 small sweet onion, sliced into strips

1/2 lb. beef tips, sliced

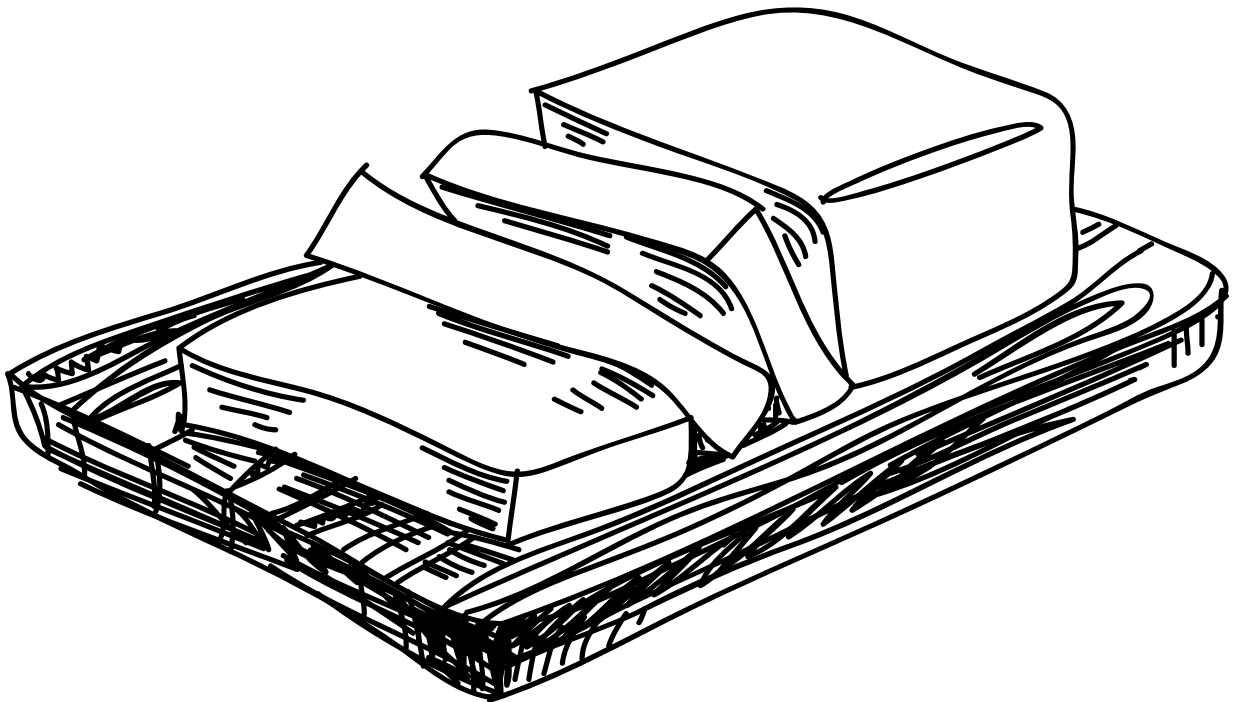
salt and black pepper

1 portabella mushroom, cap sliced

Directions

1. To prepare the sauce:
2. Get a mixing bowl: Whisk in it all the sauce ingredients. Put on the lid and place it in the fridge.
3. To prepare the potatoes:
4. Place a pan over medium heat. Heat in it the oil. Fry in it the potatoes until they become golden brown.
5. Drain them and place them aside over some paper towels.
6. To prepare the rolls:
7. Before you do anything, preheat the oven broiler.
8. Stir the butter into the same pan with oil until it melts. Cook in it the garlic for 2 min.
9. Drain it and place it aside.
10. Press the rolls with the open side facing down into the oil and butter mixture.

11. Drain them and place them on a baking tray with the open side facing down.
12. Place it in the oven and let them toast for 5 to 6 min until they become golden.
13. Transfer them to a serving plate and top the bottom halves with the cheese slices. Place them aside.
14. To prepare the veggies:
15. Place a skillet over medium heat. Stir in it the onion with peppers. Put on the lid and cook them for 3 min.
16. Remove the lid and let them cook for another 2 min. Place it aside.
17. To prepare the meat:
18. Place a pan over medium heat. Heat in it a drizzle of olive oil.
19. Cook in it the beef tips for 3 min. Stir in the mushrooms with a pinch of salt and pepper.
20. Let them cook for 3 to 4 min.
21. Spoon the meat mixture on top of the cheese layer followed by the onion and peppers, fried potatoes, and cream sauce.
22. Cover them with the top bread halves. Serve your sandwiches right away.
23. Enjoy.



WACO

Tabasco Steak Sandwiches



Prep Time: 20 mins



Total Time: 20 mins

Servings per Recipe: 4

Calories 337.1

Fat 24.6g

Cholesterol 61.0mg

Sodium 567.5mg

Carbohydrates 25.9g

Protein 3.9g

Ingredients

2 lb. cube steaks, sliced

1 large onion, sliced

4 deli French rolls

1/2 C. butter

1/2 tsp seasoning salt

1/2 C. Worcestershire sauce

5 dashes Tabasco sauce

Directions

1. In a skillet, add 2 tbsp of the butter over medium heat and cook until melted.
2. Add the onion and cook for about 7-8 minutes, stirring occasionally.
3. With a slotted spoon, transfer the onion into a bowl and keep aside.
4. Meanwhile, season the steak slices with the seasoned salt.
5. In the same skillet, add 2 tbsp of the butter over high heat and cook until melted.
6. Place the steak slices in a single layer and cook for about 1 minute per side.
7. Add the cooked onions, 2 tbsp of the butter, Worcestershire sauce and Tabasco sauce and mix well.
8. Place the remaining butter over French roll halves evenly.
9. Heat a skillet and cook the French roll halves until golden.
10. Arrange the bottom half of French rolls onto serving plates.
11. Place 1/4 of the meat mixture with some pan juices over each bottom half.
12. Cover with top half of the roll.
13. Cut each roll in half and enjoy.

Mexican Pepper Sandwiches



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 3

Calories 420.2

Fat 24.0g

Cholesterol 180.6mg

Sodium 563.0mg

Carbohydrates 33.1g

Protein 18.3g

Ingredients

1 (4 oz.) cans chopped green chilies,
drained

6 slices bread

3 slices Monterey Jack cheese

2 eggs

1 C. milk

2 - 4 tbsp butter

Directions

1. In a bowl, add the chilies and with a fork, mash them.
2. Place the mashed chilies over 3 bread slices evenly, followed by the cheese.
3. Cover with the remaining bread slices.
4. In a bowl, add the milk and eggs and beat well.
5. Coat each sandwich with the egg mixture evenly.
6. In a skillet, add 2 tbsp of the butter and cook until melted.
7. Add the sandwiches and cook until golden brown from both sides.
8. Enjoy hot.

GROUND BEEF Sandwiches



Prep Time: 10 mins

Total Time: 25 mins

Servings per Recipe: 6

Calories 264.6

Fat 9.7g

Cholesterol 49.1mg

Sodium 636.7mg

Carbohydrates 21.9g

Protein 20.4g

Ingredients

2 tbsp dried chopped onions
3 tbsp water
1 lb. lean ground beef
1 1/2 C. chicken broth
1/2 tsp salt
1/2 tsp pepper

6 hamburger buns
mustard
chopped onion

Directions

1. In a bowl, add the water and dried onions and keep aside until onions become just soft.
2. Heat a skillet over medium-high heat and cook the crumbled ground beef into a hot skillet and cook for about 2-3 minutes.
3. Add the soaked onions with any remaining water and cook until beef is no more pink, mixing frequently.
4. Add the salt, chicken broth and pepper and
5. cook for about 10 minutes.
6. Place the beef mixture onto buns, followed by the mustard and chopped onions and enjoy.

Arizona Beef for Sandwiches



Prep Time: 5 mins



Total Time: 7 hrs 5 mins

Servings per Recipe: 6

Calories 364.3

Fat 14.8g

Cholesterol 149.6mg

Sodium 1007.1mg

Carbohydrates 8.8g

Protein 49.4g

Ingredients

- 3 lb. chuck roast, trimmed
- 1 tsp salt
- 1 tsp pepper
- 2 tsp chili powder
- 2 tsp cumin
- 3 chipotle chilies in adobo, chopped
- 1 (4 oz.) cans green chilies
- 1 (7 oz.) cans salsa verde
- 1 C. sliced onion
- 3 tsp minced garlic
- 1 C. beef broth

Directions

1. In a crock pot chuck, add the chuck roast and sprinkle with the spices evenly.
2. Place the remaining ingredients on top evenly.
3. Set the crock pot on High and cook, covered for about 5 hours.
4. Uncover the crock pot and with 2 forks, shred the meat.
5. Set the crock pot on High and cook, covered for about 10-15 minutes.
6. Enjoy the meat in your desired sandwich alongside the pan juices as dipping sauce

VEGETARIAN

Tomato Sandwich



Prep Time: 5 mins

Total Time: 5 mins

Servings per Recipe: 1

Calories 266.0

Fat 10.8g

Cholesterol 12.4mg

Sodium 655.7mg

Carbohydrates 37.0g

Protein 5.1g



Ingredients

2 slices bread toasted
1 medium organic tomato, sliced
3 tbsp Miracle Whip
salt

Directions

1. Place the Miracle Whip over both bread slices evenly.
2. Place the tomato slices onto one bread slice and sprinkle with the salt.
3. Cover with remaining bread slice and enjoy.

Thursday's Chicken Salad Sandwiches

 Prep Time: 10 mins
 Total Time: 40 mins

Servings per Recipe: 4
Calories 613.6
Fat 43.0g
Cholesterol 115.7mg
Sodium 748.4mg
Carbohydrates 25.6g
Protein 31.7g

Ingredients

2 whole boneless chicken breasts	salt and pepper
1 stalk celery	2 tbsp parsley, chopped
1 onion, quartered	1 tsp dill seed
1 C. celery, chopped	
1 1/2-2 C. mayonnaise	
2 tbsp lemon juice	

Directions

1. In a pot, add the chicken, onion, celery stalk and enough water to cover and cook until boiling.
2. Cook for about 18-20 minutes.
3. Drain the chicken well, discarding the onion and celery.
4. Keep side the chicken to cool completely.
5. In a blender, add the chicken and pulse until chopped.
6. Transfer the chicken into a bowl with the chopped celery, mayonnaise, parsley, dill seed, salt, pepper and lemon juice and mix until well combined.
7. Cover the bowl and place in the fridge until chilled completely.
8. Enjoy chilled salad in your favorite sandwich.

TUESDAY'S

Tuna Salad Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 537.7

Fat 17.8g

Cholesterol 61.4mg

Sodium 1230.7mg

Carbohydrates 35.0g

Protein 56.7g

Ingredients



2 (7 oz.) cans solid white tuna
1 green onion, chopped
1 small celery rib, diced
2 - 3 tbsp fresh lemon juice
1/3 C. low-fat mayonnaise
3 tbsp sweet pickle relish
1/2 tsp lemon pepper

seasoning salt
1/4 tsp mustard powder
2 - 3 drops Tabasco sauce
4 - 6 slices bread
lettuce leaf
tomatoes, slices

Directions

1. In a bowl, add the tuna and with a fork, flake it.
2. Add the celery, green onion, mayonnaise, pickle relish, lemon juice, Tabasco sauce, mustard powder, lemon pepper and seasoning salt and mix until blended nicely.
3. With a plastic wrap, cover the bowl and refrigerate for about 3 hours.
4. Place the tuna mixture onto bread slices, followed by the lettuce and tomato.
5. Enjoy.

Alternative Meatball Parmigiana

 Prep Time: 5 mins
 Total Time: 45 mins

Servings per Recipe: 1

Calories	1726.6
Fat	80.2g
Cholesterol	217.7mg
Sodium	3700.8mg
Carbohydrates	187.1g
Protein	61.8g

Ingredients

2 (1 lb.) packages frozen meatballs, Italian style
2 loaves bakery Italian bread
1 (28 oz.) jars spaghetti sauce
1 (8 oz.) packages cream cheese, softened
1/2 C. mayonnaise
1/4 tsp black pepper
1 tbsp Italian seasoning
1 dash garlic powder
2 C. shredded mozzarella cheese

Directions

1. Set your oven to 350 degrees F before doing anything else and line a baking sheet with a piece of the foil.
2. In a pan, add the spaghetti sauce and meatballs over medium heat and cook until heated completely.
3. Meanwhile, in a bowl, add the mayonnaise, cream cheese, Italian seasoning, garlic powder and pepper and mix until well combined.
4. Cut each bread loaf horizontally.
5. Then, cut each into 3-4-inch pieces.
6. Place the mayonnaise mixture on insides of tops and bottom of sandwiches.
7. Now, place the meatballs onto the bottom halves, followed by the mozzarella cheese.
8. Cover with the top halves.
9. Arrange the sandwiches onto the prepared baking sheet.
10. Cook in the oven for about 10-15 minutes.

TASTY

Tuna Melts on Pumpernickel



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 304.9

Fat 11.4g

Cholesterol 61.4mg

Sodium 604.5mg

Carbohydrates 18.8g

Protein 30.8g

Ingredients

2 (6 oz.) cans solid white tuna packed in water, drained
1/4 C. low-fat mayonnaise
1 - 2 tbsp lemon juice
1 large celery rib, chopped
2 green onions, chopped
1 tbsp parsley, chopped

seasoning salt
lemon pepper
4 slices pumpernickel bread, slices
4 slices tomatoes
4 slices Swiss cheese

Directions

1. Set the broiler of your oven.
2. Arrange the bread slices onto a baking sheet and cook under the broiler for about 1 minute.
3. Meanwhile, in a bowl, add the tuna, green onions, celery, parsley, mayonnaise, lemon juice, lemon pepper and seasoned salt and mix until blended nicely.
4. Remove the bread slices from the oven and place the tuna mixture onto each bread slice evenly, followed by 1 cheese slice, 1 tomato slice and another cheese slice.
5. Cook under the broiler for about 3 minutes.
6. Enjoy hot.

Southwest Chicken Sandwiches



Prep Time: 20 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 3182.2

Fat 332.9g

Cholesterol 2.5mg

Sodium 2243.7mg

Carbohydrates 51.3g

Protein 8.4g

Ingredients

6 - 8 C. vegetable oil
1/3 C. red hot pepper sauce
2/3 C. water
1 C. all-purpose flour
2 1/2 tsp salt
4 tsp cayenne pepper
1 tsp ground black pepper
1 tsp onion powder
1/2 tsp paprika

1/8 tsp garlic powder
4 chicken breast fillets, pounded
4 plain hamburger buns
8 tsp mayonnaise
4 lettuce leaves
4 slices tomatoes

Directions

1. In a shallow bowl, add the flour, cayenne pepper, paprika, garlic powder, onion powder, salt and black pepper and mix well.
2. In a shallow bowl, add the water and pepper sauce and mix well.
3. Coat each chicken fillet with the flour mixture and then dip into water mixture and finally again, coat with the flour mixture.
4. In a skillet, add the oil and cook until its temperature reaches to 350 degrees F.
5. Add the chicken fillets and fry for about 9 - 12 minutes.
6. With a slotted spoon transfer the chicken pieces onto a paper towel lined plate to drain.
7. Meanwhile, heat another skillet over medium heat and cook the hamburger buns until slightly toasted.
8. Place about 2 tsp of the mayonnaise on the face of each top buns, followed by 1 tomato slice and 1 lettuce leaf.
9. Place 1 chicken piece on each bottom bun.
10. Arrange the top half of each sandwich onto the bottom half and enjoy hot.





ONTARIO

Egg Salad Sandwiches



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 3

Calories 303.1

Fat 12.7g

Cholesterol 373.0mg

Sodium 485.6mg

Carbohydrates 26.2g

Protein 20.0g

Ingredients

6 hard-boiled eggs, peeled and chopped
finely

3 tbsp mayonnaise

1 tbsp mustard

1 tbsp relish

pepper

lettuce

6 slices whole wheat bread

Directions

1. In a bowl, add all the ingredients except the bread and mix until well combined.
2. Spread the egg mixture onto each bread slice evenly, followed by the lettuce.
3. Enjoy immediately.

New Jersey Diner French Dip Sandwiches



Prep Time: 10 mins



Total Time: 9 hrs 10 mins

Servings per Recipe: 6

Calories 580.1

Fat 17.8g

Cholesterol 149.7mg

Sodium 1765.6mg

Carbohydrates 45.4g

Protein 59.7g

Ingredients

- 3 lb. chuck roast, halved
- 1 (10 3/4 oz.) cans French onion soup
- 1 (10 3/4 oz.) cans beef consommé
- 1 (10 3/4 oz.) cans condensed beef broth
- 1 tsp beef bouillon granules
- 8 - 10 kimmelwick rolls

Directions

1. In a bowl, add the canned soups and bouillon granules and mix well.
2. In a crock pot, place the roast pieces and top with the soup mixture evenly.
3. Set the crock pot on low and cook, covered for about 8 hours.
4. Uncover and transfer the meat into a bowl.
5. With 2 forks, shred the meat.
6. With a slotted spoon, remove the fat from the pan liquid.
7. Add the shredded meat into the crock pot and mix well.
8. Place the meat on rolls and enjoy alongside the pan juices as dipping sauce.

THREE

Cheese Flatbreads



Prep Time: 1 min

Total Time: 4 mins

Servings per Recipe: 4

Calories 1422.3

Fat 87.1g

Cholesterol 282.2mg

Sodium 4740.6mg

Carbohydrates 81.0g

Protein 77.2g

Ingredients



8 slices sourdough bread
4 slices mozzarella cheese
4 slices provolone cheese
4 slices cheddar cheese
1/2 lb. deli turkey
1/2 lb. deli ham
1/2 lb. sandwich pepperoni

1/2 lb. genoa salami
pepperoncini pepper, cut into rings
1/4 C. melted butter

Directions

1. Place 1 mozzarella slice on each of 4 bread slices, followed by the pepperoni, salami and pepperoncini.
2. Place 1 provolone slice on each of the remaining 4 bread slices, followed by the turkey, ham and cheddar.
3. Arrange the sandwiches together.
4. Coat the top of each sandwich with the butter evenly.
5. Preheat a grill pan.
6. Place 1 sandwich, butter side down and coat the other side with the butter.
7. Cook until the cheese is melted.
8. Repeat with the remaining sandwiches.
9. Enjoy hot.

Greek Tuna Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	451.4
Fat	21.5g
Cholesterol	38.3mg
Sodium	1066.7mg
Carbohydrates	32.8g
Protein	30.5g

Ingredients

1 (7 oz.) cans solid white tuna, packed in water, drained well
1/4 C. mayonnaise
10 green olives, chopped

1/2 medium onion, chopped
lettuce
4 -6 slices bread

Directions

1. In a bowl, add the tuna and with your fingers, flake it.
2. Add the olives, onion and mayonnaise and stir until well combined.
3. Place extra mayonnaise on the bread slices in a thin layer.
4. Place the lettuce on 1 bread slice, followed by the tuna mixture.
5. Cover with the remaining bread slice.
6. Enjoy.

CHEESY Egg Sandwich



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 317.6

Fat 17.4g

Cholesterol 198.3mg

Sodium 685.4mg

Carbohydrates 27.2g

Protein 12.1g

Ingredients



1 egg
2 tsp margarine
2 slices bread, multigrain
1 tbsp Cheez Whiz

salt and pepper
red pepper flakes

Directions

1. In a frying pan, add the margarine and cook until melted.
2. Add the egg and cook until desired doneness.
3. Sprinkle the egg with the salt, red pepper flakes and black pepper.
4. Flip the egg and cook slightly.
5. Place the Cheez Whiz on one side of the bread evenly, followed by the egg.
6. Cover with the remaining bread slice.
7. Place the sandwich in the same frying pan and cook until golden from both sides.
8. Enjoy hot.

Chopped Beef Sandwiches

 Prep Time: 10 mins
 Total Time: 30 mins

Servings per Recipe: 4

Calories	313.7
Fat	22.7g
Cholesterol	81.2mg
Sodium	1271.1mg
Carbohydrates	5.9g
Protein	20.1g

Ingredients

1 lb. of ground beef chuck
1 tbsp fat like lard
2 tsp salt
1 onion, chopped
1 tbsp prepared yellow mustard
1 tbsp vinegar
1 tbsp sugar

water
salt and pepper
hamburger buns, toasted

Directions

1. In a cast iron skillet, melt the lard over medium heat and then, sprinkle the bottom with the salt.
2. Add the crumbled ground beef and cook until browned slightly.
3. Add the onion until meat is no more pink, stirring frequently.
4. Drain the grease from the skillet.
5. Add the sugar, mustard, vinegar and enough water to barely cover the mixture and stir to combine.
6. Reduce the heat and simmer for about 18-20 minutes.
7. Place the meat mixture in hamburger buns with your favorite condiments and enjoy.

ALTERNATIVE Cheesesteaks



Prep Time: 7 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 965.3

Fat 39.5g

Cholesterol 133.0mg

Sodium 3143.5mg

Carbohydrates 86.4g

Protein 63.4g



Ingredients

1 loaf Italian bread
1/2 lb. deli roast beef
1 white onion, sliced
1 green bell pepper, sliced
2 tsp garlic, minced
1/2 lb. provolone cheese, sliced
extra virgin olive oil
salt and pepper
marinara sauce

Directions

1. In a cast-iron skillet, add the over medium-high heat and cook until heated through.
2. Add the bell pepper and onion and stir fry for about 5 minutes.
3. Add the garlic, salt and pepper and stir fry for about 40 seconds.
4. With a spoon, transfer the onion mixture to 1 side of the skillet.
5. Add the steak slices and sear for about 2 minutes, breaking the meat with the back of the metal spatula.
6. Now, mix with the onion mixture well.
7. Place the cheese slices on top and cook until melted.
8. Remove from the heat and place the meat mixture into the warm buns.
9. Enjoy alongside your favorite condiments.

Sandwiches Brasileiro

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 1

Calories	238.0
Fat	2.0g
Cholesterol	0.0mg
Sodium	256.6mg
Carbohydrates	52.2g
Protein	5.1g

Ingredients

4 slices white bread
2 medium really ripe bananas, peeled and cut into round slices

4 tbsp mayonnaise

Directions

1. Spread 1 tbsp of the mayonnaise on one side of each bread slice.
2. Place the banana slices on two of the bread slices.
3. Cover each with the remaining bread slice and enjoy.

DENVER

Chicken Salad for Sandwiches



Prep Time: 20 mins



Total Time: 22 mins

Servings per Recipe: 4

Calories 200.0

Fat 17.7g

Cholesterol 15.1mg

Sodium 418.8mg

Carbohydrates 10.5g

Protein 1.5g

Ingredients

Dressing

1/2 C. mayonnaise

1/4 C. sour cream

1 tbsp Dijon mustard

1 tsp sugar

1/4 tsp salt

1/4 tsp white pepper

2 1/2 tsp lemon juice

Salad

1 1/2 C. shredded boneless skinless
chicken breasts

1/2 C. celery, chopped

2 tbsp green onions, chopped

1/4 C. pecans, toasted and chopped

1/4 C. seedless grapes, halved

lettuce leaf

Directions

1. For the dressing: in a bowl, add all the ingredients and mix until well combined.
2. Add the chicken, grapes, green onion and pecans and mix until well combined.
3. Cover the bowl and place in the fridge for about 3 hours.
4. Place the lettuce leaves onto serving plates and top with the chicken mixture.
5. Enjoy with your favorite sandwich.

New York Pizza Sandwiches



Prep Time: 30 mins



Total Time: 42 mins

Servings per Recipe: 6

Calories 862.3

Fat 57.5g

Cholesterol 185.8mg

Sodium 2929.9mg

Carbohydrates 31.7g

Protein 51.5g

Ingredients

- 6 bread buns, split in half
- 1/2 lb. bulk Italian sausage, cooked and drained
- 1 lb. of shaved deli ham
- 1 (8 oz.) cans pizza sauce
- 1 lb. sliced mozzarella cheese
- 1 medium sweet onion, sliced
- 30 - 35 mild banana pepper rings
- black pepper
- 2 (3 1/2 oz.) packages sliced pepperoni
- 1/4-1/2 lb. sliced hard salami

Directions

1. Set your oven to 400 degrees F before doing anything else.
2. Season the banana peppers with the black pepper.
3. Place the sausage onto the bottom half of each bun, followed by the ham, pizza sauce, cheese, onion, banana peppers, pepperoni and salami.
4. Cover with the top halves.
5. With a generously greased piece of foil, wrap each bun.
6. Arrange the wrapped buns onto a baking sheet.
7. Cook in the oven for about 12-15 minutes.
8. Enjoy hot.

HOW TO

Make a Grilled Cheese



Prep Time: 5 mins



Total Time: 17 mins

Servings per Recipe: 6

Calories 494.4

Fat 35.5g

Cholesterol 99.5mg

Sodium 738.4mg

Carbohydrates 26.0g

Protein 17.9g



Ingredients

12 slices bread
12 slices cheddar cheese
8 tbsp butter

Directions

1. Set your oven to 450 degrees F before doing anything else.
2. Spread the butter onto each side of the bread slices.
3. In the bottom of a baking sheet, arrange 6 bread slices.
4. Place 2 cheese slices on each of 6 bread slices.
5. Cover with the remaining bread slices.
6. Cook in the oven for about 6-8 minutes per side.
7. Enjoy hot.

Country Chicken Salad Sandwiches

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 5

Calories	394.4
Fat	16.5g
Cholesterol	75.0mg
Sodium	530.3mg
Carbohydrates	29.7g
Protein	32.9g

Ingredients

3 C. chopped cooked chicken breasts
1/3 C. chopped green onion
1/4 C. chopped smoked almonds
1/4 C. plain fat-free yogurt
1/4 C. light mayonnaise
1 tsp chopped rosemary
1 tsp Dijon mustard

1/8 tsp salt
1/8 tsp ground black pepper
10 slices whole grain bread

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Place the chicken mixture over each of 5 bread slices evenly.
3. Cover with the remaining bread slices.
4. Cut each sandwich in half diagonally and enjoy.





CAPRESE

Sandwich



Prep Time: 5 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 253.9

Fat 9.2g

Cholesterol 8.9mg

Sodium 518.3mg

Carbohydrates 27.7g

Protein 14.5g

Ingredients

2 slices bread

1 tsp olive oil

1 pinch dried Italian seasoning

1 1/2 oz. sliced low-fat cheese

2 slices tomatoes

2 - 4 basil leaves

pepper

Directions

1. In a bowl, add the dried herbs and oil and mix well.
2. Place the oil mixture on 1 side of each bread slice.
3. Place a nonstick pan over medium heat until heated through.
4. Place 1 slice, seasoned side down.
5. Place 1 cheese slice over bread slice, followed by the tomato, black pepper, basil and other slice of cheese.
6. Cover with the remaining bread slice, seasoned side up.
7. Place a weight over the sandwich and cook for about 1 minute per side.
8. Enjoy hot.

Indian Samosa Sandwich



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 1

Calories 163.7

Fat 3.8g

Cholesterol 14.2mg

Sodium 343.9mg

Carbohydrates 30.0g

Protein 4.6g

Ingredients

1 tbsp olive oil
1 small onion, chopped
4 garlic cloves, minced
2 C. cooked diced potatoes
1 C. cooked diced carrot
1/2 C. canned sweet peas
5 tsp soy sauce
1 tsp curry powder
1/2 tsp cumin
1/4 tsp dried cilantro
1/4 tsp ground ginger
1/4 tsp turmeric
1/4 tsp salt

1 dash red pepper flakes
1 tbsp water
2 (8 oz.) packages crescent rolls
Honey Sauce
1/3 C. honey
1 tbsp lemon juice
1 tbsp soy sauce
1 tbsp water
2 garlic cloves, crushed
1 pinch red pepper flakes

Directions

1. Set your oven to 375 degrees F before doing anything else and grease a baking sheet.
2. For the filling: in a skillet, add the oil over medium heat and cook until heated through.
3. Add the onion and garlic and stir fry for about 4-5 minutes.
4. Add the remaining ingredients except the crescent rolls. and cook for about 3-4 minutes, stirring frequently.
5. Unroll the crescent rolls dough and separate into 4 rectangles.
6. With your fingers, pinch the triangular perforations to seal.
7. Now, cut each rectangle in half crosswise to have squares.
8. With a tbsp, place the filling in the center of each square.
9. Carefully, fold the square over the filling to make a triangle and then, pinch the edges to seal.

10. arrange the samosas onto the prepared baking sheet in a single layer.
11. Cook in the oven for about 12-15 minutes.
12. Remove from the oven and place onto a wire rack to cool slightly.
13. Meanwhile, for the dipping sauce: in a bowl, add all the ingredients and mix until well combined.
14. Enjoy the samosas warm alongside the dipping sauce.



Homemade Sandwich Buns



Prep Time: 3 hrs



Total Time: 3 hrs 25 mins

Servings per Recipe: 1

Calories 443.7

Fat 10.9g

Cholesterol 4.0mg

Sodium 603.5mg

Carbohydrates 74.1g

Protein 11.5g

Ingredients

3/4 C. warm water
1 tsp sugar
2 tbsp dry yeast
1/4 C. Crisco shortening, melted
1 C. full-fat milk

1 1/2 tsp salt
3 tbsp sugar
4 C. all-purpose flour

Directions

1. In a bowl, dissolve the yeast and 1 tsp. of the sugar in 3/4 C. of the warm water. Keep aside for about 8-10 minutes.
2. In a microwave-safe bowl, add 1 C. of the milk, 4 tbsp of the sugar and salt and microwave until quite warm. Remove from the microwave and stir until sugar is dissolved.
3. In the bowl of a stand mixer, fitted with a knead attachment, add 3-1/2 C. of the flour, shortening, milk mixture and yeast mixture and mix for about 3-4 minutes.
4. Add more flour and mix for about 8 minutes.
5. Place the dough onto a lightly floured surface and cover with a clean tea towel for about 5-10 minutes.
6. Place the dough into a greased bowl and keep aside in a warm area for about 55-60 minutes. With your hands, punch down the dough.
7. Divide the dough into 6 equal sized balls.
8. Place the dough balls aside for about 4 minutes.
9. Shape each dough ball into desired sized length.
10. Arrange the dough pieces onto a lightly greased baking sheet.
11. With a plastic wrap, cover the baking sheet and keep aside in a warm area for about 25 minutes. Set your oven to 375 degrees F.
12. Cook in the oven for about 22-25 minutes. Enjoy warm.

MANHATTAN

Honey Bagel Sandwiches



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 144.3

Fat 0.8g

Cholesterol 0.0mg

Sodium 280.3mg

Carbohydrates 28.0g

Protein 5.5g



Ingredients

1 bagel, split in half
smooth peanut butter
honey

Directions

1. Heat a frying pan and toast the bagel until golden brown from both sides.
2. Spread the peanut butter onto on each side of warm bagel, followed by the honey.
3. Enjoy.

Blue Collar Lunch Sandwich

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	447.9
Fat	25.5g
Cholesterol	44.0mg
Sodium	1382.7mg
Carbohydrates	39.7g
Protein	15.8g

Ingredients

2 slices bread	2 tbsp mayonnaise
2 - 3 slices of lunch meat	3 slices onions
1 slice cheese	ruffled potato chips
6 slices pickles	
2 slices tomatoes	

Directions

1. Place the mayonnaise onto the bread slices.
2. Place the meat over 1 bread slice, followed by the cheese, pickle, onion, tomato and chips.
3. Cover with the remaining bread slice and enjoy.

SKINNY GIRL

Radish on Pumpernickel



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 1

Calories 106.3

Fat 7.2g

Cholesterol 20.7mg

Sodium 155.1mg

Carbohydrates 8.3g

Protein 2.3g

Ingredients



8 radishes, trimmed and chopped
6 oz. cream cheese
2 tbsp unsalted butter
1 tbsp parsley, without stems
1 tsp chives, snipped
lemon juice
salt

ground black pepper
6 -8 slices pumpernickel bread, crust removed
Topping
4 trimmed radishes, sliced
coarse salt

Directions

1. For the filling: in a colander, place the radishes and with paper towels press to drain.
2. Then, squeeze out the excess liquid.
3. In a bowl, add the butter and cream cheese and beat until fluffy.
4. Add the radishes, chives, parsley, lemon juice, salt and pepper and beat until well combined.
5. Cut the bread into small squares.
6. In a bowl, place the sliced radishes and salt and toss to coat well.
7. Place the filling over each bread square and top with the sliced radishes.
8. Refrigerate to chill completely.
9. Enjoy chilled.

Real Roast Beef Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 4
Calories 442.3
Fat 29.9g
Cholesterol 105.1mg
Sodium 1599.0mg
Carbohydrates 8.5g
Protein 35.5g

Ingredients

3/4 C. mayonnaise
1 - 1 1/2 tbsp Tabasco sauce
1/4 C. chopped cilantro
1 long French bread, horizontally and hollowed
1 lb. deli roast beef
salt

1/2 lb. Monterey Jack cheese
1 large avocado, peeled, pitted, and sliced, dipped in lemon juice
crispy romaine lettuce

Directions

1. In a bowl, add the cilantro, mayonnaise and Tabasco sauce and mix well.
2. Place the mayonnaise mixture onto both sides of the bread.
3. Place the roast beef onto bottom of bread, followed by the cheese, lettuce, avocado and sprinkle with the salt slightly.
4. Cover with the top layer of bread and press slightly.
5. Cut into desired sized pieces and enjoy.

ALBANY

Alfalfa Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 474.6

Fat 31.4g

Cholesterol 31.9mg

Sodium 573.1mg

Carbohydrates 40.7g

Protein 12.8g

Ingredients



2 slices whole wheat bread
2 tbsp cream cheese, softened
6 slices cucumbers
2 tbsp alfalfa sprouts
1 tsp olive oil
1 tsp red wine vinegar
1 tomatoes, sliced

1 leaf lettuce
2 tbsp pepperoncini peppers, sliced
1/2 avocado, sliced

Directions

1. Place about 1 tbsp of the cream cheese onto each bread slice.
2. Place the cucumber slices onto one bread slice in a single layer, followed by the sprouts.
3. Drizzle with the vinegar and oil.
4. Now top with the tomato slices, followed by the lettuce and pepperoncini.
5. Place the avocado slices onto remaining bread slice.
6. Close the sandwich and enjoy.

Veggie Ranch on Rye

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 20
Calories 51.1
Fat 4.5g
Cholesterol 13.9mg
Sodium 39.6mg
Carbohydrates 2.1g
Protein 1.0g

Ingredients

3 cucumbers, peeled and sliced
8 oz. cream cheese, softened
1 package hidden valley ranch dressing mix
1/2 C. mayonnaise
1/4 C. sour cream
1 loaf rye cocktail bread
dill weed

Directions

1. In a bowl, add the sour cream, cream cheese, mayonnaise and dressing mix and stir until well combined.
2. Refrigerate for about 2 hours.
3. Place the mayonnaise mixture over each bread slice evenly, followed by 1 cucumber slice and dill weed.
4. Enjoy.

BANH MI

Sandwich



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 327.6

Fat 3.6g

Cholesterol 54.4mg

Sodium 777.4mg

Carbohydrates 45.9g

Protein 27.0g

Ingredients

- 1 clove garlic, crushed
- 1/2 tsp salt
- 1/4 C. rice wine vinegar
- 1 tsp sugar
- 1/2 C. carrot, peeled and grated
- 1/3 C. sliced white onion
- 2 tbsp jalapeño chile, chopped
- 1 (16 inch) baguette
- 4 tsp low-fat mayonnaise
- 3/4 lb. boneless skinless chicken breasts, cooked
- 1 tbsp lime juice
- 1/2 tsp five-spice powder
- 1/2 C. cilantro

Directions

1. Place the garlic and salt onto a cutting board and with a knife, mash until a paste is formed.
2. In a bowl, add the garlic paste, sugar and vinegar and mix until blended nicely.
3. Add the onions, carrots and chilies. And toss to combine.
4. Cut the baguette into 4 equal pieces lengthwise and then, split each horizontally.
5. Place the mayonnaise onto the cut sides of each bread piece evenly.
6. Place the chicken onto 4 bottom half pieces.
7. Drizzle with the lime juice and sprinkle with 5-spice powder.
8. Place the carrot salad on top, followed by the cilantro leaves.
9. Cover with the bread top halves and enjoy.

Twin City French Beef Sandwiches



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 12

Calories 393.6

Fat 13.4g

Cholesterol 41.0mg

Sodium 817.8mg

Carbohydrates 51.4g

Protein 17.0g

Ingredients

1 loaf French bread, split lengthwise
Spread
1 (8 oz.) packages cream cheese, softened
1 C. shredded cheddar cheese
3/4 C. sliced green onion
1/4 C. mayonnaise
1 tbsp Worcestershire sauce

Inside

1/2-1 lb. deli roast beef
pickle

Directions

1. For the spread: in a bowl, add all the ingredients and mix well.
2. Place the spread mixture on the inside of both halves evenly.
3. Place the meat onto the bottom half, followed by the pickles.
4. Cover with the top half.
5. Cut into desired sized portion and enjoy.





MEXICAN

Monterey Black Bean Sandwiches



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 540.2

Fat 25.5g

Cholesterol 65.8mg

Sodium 779.4mg

Carbohydrates 52.0g

Protein 26.5g

Ingredients

8 slices rye bread, German rye, the lighter type with grains

1 (15 oz.) cans black beans, drained and pat dried

1 medium purple onion, chopped

1 (8 oz.) packages Monterey Jack pepper cheese, sliced

2 tbsp butter, softened

Directions

1. Place the butter on one side each bread slice in a thin layer, followed by the black beans, onions and cheese.
2. Place a skillet over medium heat until heated through.
3. Add the slices in batches and cook until golden brown from both sides.
4. Enjoy.

Cabrini

Green Italian Beef Sandwiches



Prep Time: 15 mins



Total Time: 12 hrs 15 mins

Servings per Recipe: 10

Calories 452.0

Fat 27.5g

Cholesterol 170.1mg

Sodium 355.6mg

Carbohydrates 0.6g

Protein 47.1g

Ingredients

- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp onion salt
- 3 C. water
- 1 tsp dried parsley
- 1 tsp garlic powder
- 1 bay leaf
- 1 (2/3 oz.) package Italian salad dressing mix
- 5 lb. rump roast

Directions

1. In a pot, add all the ingredients except roast over medium-high heat and cook until just boiling, stirring frequently.
2. Remove from the heat.
3. In a slow cooker, add the roast and top with the dressing mixture evenly.
4. Set the slow cooker on Low and cook, covered for about 10-12 hours.
5. Uncover and discard the bay leaf.
6. With 2 forks, shred the meat.
7. Enjoy in your favorite sandwich.

\$2

Sandwiches



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 116.5

Fat 4.6g

Cholesterol 0.0mg

Sodium 172.1mg

Carbohydrates 16.8g

Protein 1.9g

Ingredients

2 tsp margarine

2 slices white bread

2 tsp sugar

Directions

1. Place about the margarine on both bread slice evenly and sprinkle with the sugar.
2. Enjoy.

Sonoma Chicken Sandwiches



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 479.8

Fat 36.5g

Cholesterol 85.6mg

Sodium 423.4mg

Carbohydrates 12.5g

Protein 28.1g

Ingredients

1 avocado, peeled and pitted
1 tsp lemon juice
1/4 C. red onion, diced
1/4 C. cilantro, chopped
1/3 C. grape tomatoes, quartered
2 tsp jalapeños, chopped
salt and pepper

2 pieces naan bread
4 pieces bacon, cooked crisp
1 cooked chicken breast half, sliced
3 oz. Monterey Jack pepper cheese, sliced
1 - 2 tsp fat-free mayonnaise
1/4 C. fat-free cheddar cheese, grated

Directions

1. Set your panini press to medium.
2. In a bowl, add the avocado and, mash roughly.
3. Add the onion, tomatoes, cilantro, jalapeños, lemon juice, salt and pepper and mix well.
4. Spread the mayonnaise over 1 naan bread piece in a thin layer, followed by the Monterey Jack cheese, chicken, bacon, avocado mixture and cheddar cheese.
5. Cover with the remaining naan bread slice.
6. Cook the sandwich in panini press until heated completely.
7. Cut into the sandwich into 6 triangles and enjoy.

\$2

Sandwiches



Prep Time: 5 mins



Total Time: 6 hrs 5 mins

Servings per Recipe: 10

Calories 75.4

Fat 3.1g

Cholesterol 0.0mg

Sodium 80.9mg

Carbohydrates 11.3g

Protein 0.9g

Ingredients

12 ice cream sandwiches, unwrapped
1 (6 1/2 oz.) cans chocolate whipped
cream

1 C. chopped Oreo cookies

Directions

1. Place 4 ice cream sandwiches onto a plate, touching long sides with each other.
2. Spread 1 layer of the whipped cream on top evenly, followed by 1/3 C. of the Oreos.
3. Repeat the layers twice.
4. Arrange some larger chunks of Oreos on top in a decorative pattern.
5. Place in the freezer for about 5-6 hours.
6. Cut into slices and enjoy.

Sun Dried Tuna Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 338.1

Fat 11.7g

Cholesterol 37.4mg

Sodium 801.8mg

Carbohydrates 28.5g

Protein 29.4g

Ingredients

4 tsp roasted red pepper olive oil
4 tsp balsamic vinegar
8 slices whole grain bread slices, toasted
2 (6 oz.) cans tuna in water, drained and flaked
1/3 C. sun-dried tomato packed in oil, drained
1/4 C. ripe green olives, sliced

1/4 C. red onions, chopped
1/4 C. red bell pepper, seeded and chopped
3 tbsp mayonnaise
2 tsp capers
1/4 tsp ground black pepper
4 romaine lettuce leaves

Directions

1. In a bowl, add the vinegar and oil and mix.
2. In another bowl, add the remaining ingredients except lettuce and mix well.
3. Coat 1 side of each bread slice with the oil mixture evenly.
4. Arrange 1 lettuce leaf on each of 4 bread slices, followed by the tuna mixture evenly.
5. Top with the remaining bread slices and enjoy.

AMERICAN

Dijon Pepperoni Sandwiches



Prep Time: 3 mins



Total Time: 11 mins

Servings per Recipe: 1

Calories 374.1

Fat 21.7g

Cholesterol 52.4mg

Sodium 789.1mg

Carbohydrates 24.4g

Protein 20.0g

Ingredients

2 slices multi-grain bread

1 slice American cheese

1 slice Colby cheese

8 slices pepperoni



butter

Dijon mustard

Directions

1. Place the butter onto one side of 1 bread slice.
2. Place the Dijon mustard on 1 side of the remaining bread slice.
3. Arrange 1 American cheese slice over unbuttered side of 1 bread slice, followed by 8 pepperoni slices and 1 American cheese slice.
4. Heat a grill pan and place the bread slices, buttered side down.
5. Cover the skillet and cook until the cheese is melted.
6. Cover the sandwich with the remaining bread slice, mustard side down.
7. now, spread the butter onto upper side of the bread.
8. Carefully, flip the sandwich and cook until browned.
9. Cut the sandwich in half and enjoy.

Dijon Beef Swiss Sandwiches

 Prep Time: 45 mins
 Total Time: 45 mins

Servings per Recipe: 6

Calories	681.2
Fat	28.3g
Cholesterol	204.7mg
Sodium	853.1mg
Carbohydrates	30.9g
Protein	72.8g

Ingredients

2 large onions, sliced	6 tbsp ketchup
1 tsp sugar	2 tbsp Worcestershire sauce
3 - 4 tbsp butter	2 tsp Dijon mustard
2 tbsp oil	3 lb. cooked steak, sliced
3 C. button mushrooms, sliced	Swiss cheese slices
1 - 2 tsp minced garlic	6 - 8 Italian rolls, halved
1 1/2 C. beef broth	
3 tbsp whipping cream	

Directions

1. In a skillet, add the butter and cook until melted.
2. Add the onions, sugar and salt and cook for about 12-15 minutes, stirring frequently.
3. With a slotted spoon, transfer the onion onto a paper towel-lined plate to drain.
4. In the same skillet, add the garlic and mushrooms over medium heat and cook for about 6-7 minutes.
5. With a slotted spoon, transfer the mushroom mixture into a bowl.
6. In the same skillet, add the broth and cook for about 4-6 minutes, scraping the browned bits from the bottom.
7. Add the ketchup, mustard, whipping cream and Worcestershire sauce and stir to combine.
8. Set the heat to heat to low and cook for about 2 minutes, stirring frequently.
9. Add the beef slices and cooked mushrooms and stir to combine.
10. Place the steak mixture onto the bread slices evenly, followed by the Swiss cheese and cooked onions.
11. Cover with the remaining bread slices and enjoy.

TEXAS

Cheddar Chicken Sandwich



Prep Time: 3 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 711.9

Fat 45.3g

Cholesterol 182.6mg

Sodium 799.1mg

Carbohydrates 26.0g

Protein 48.2g

Ingredients

2 slices bread

1 tbsp butter

1/2 C. cheddar cheese, shredded,
divided

1/4 C. salsa ranch dressing

1 boneless chicken breast

lettuce



tomatoes

onion

Directions

1. Spread the butter onto 1 side of both bread slices.
2. Heat a greased skillet and place the bread slices, unbuttered side down.
3. Cook until browned and flip the side.
4. Place 1/4 C. of the cheddar cheese onto buttered side of each bread slice and cook until slices are browned.
5. Retransfer the bread slices onto a serving plate.
6. Place salsa ranch dressing onto each bread slice evenly, followed by the chicken, lettuce, tomato and onion.
7. Enjoy.

Montana Breakfast Sandwiches

 Prep Time: 10 mins
 Total Time: 22 mins

Servings per Recipe: 2

Calories	529.7
Fat	16.0g
Cholesterol	0.0mg
Sodium	661.4mg
Carbohydrates	80.9g
Protein	16.2g

Ingredients

2 tbsp olive oil
1 red bell pepper, strips
1 onion, chopped
4 eggs
4 - 6 slices edam cheese, sliced

4 slices country bread, toasted
salt and pepper

Directions

1. In a skillet, add the oil over medium heat and cook until heated through.
2. Add the onion and stir fry for about 2 minutes.
3. Add the pepper strips and cook for about 9 - 10 minutes, mixing often.
4. Add the eggs, salt and pepper and cook for about 2 minutes, mixing frequently.
5. Place the egg mixture onto 2 bread slices evenly, followed by the cheese slices.
6. Cover with the remaining bread slices.
7. Cut each sandwich in half in triangle and enjoy.

ITALIAN

Summer Festival Sandwiches



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 563.1

Fat 37.9g

Cholesterol 88.4mg

Sodium 1318.1mg

Carbohydrates 31.3g

Protein 23.2g

Ingredients

3/4 lb. bulk Italian sausage

1 1/2 C. spaghetti sauce

1/2 C. sliced pitted ripe olives

1 red onion, sliced in half rings

1/2 sweet red pepper, strips



4 French rolls

4 slices mozzarella cheese, halved lengthwise

Directions

1. Set your oven to 375 degrees F before doing anything else.
2. Heat a skillet and cook the sausage until browned completely.
3. Drain the grease from the skillet.
4. Stir in the olives and spaghetti sauce and cook until heated completely.
5. Remove from the heat.
6. Half each roll lengthwise without cutting through opposite side.
7. Carefully, hollow out each bun slightly.
8. Place 1 cheese piece onto each bottom half of rolls, followed by the sausage mixture, onion, sweet peppers and another cheese piece.
9. Close the rolls and then, with a piece of foil, wrap each sandwich to seal.
10. arrange the wrapped sandwiches onto a baking sheet and cook in the oven for about 15 minutes.
11. Enjoy hot.

Beans Sandwich

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 1

Calories	133.0
Fat	1.6g
Cholesterol	0.0mg
Sodium	255.5mg
Carbohydrates	25.3g
Protein	3.8g

Ingredients

2 slices bread
canned pea beans, drained
mayonnaise

salt and pepper

Directions

1. Spread the mayonnaise onto both bread slices generously and sprinkle with the salt and pepper.
2. Place the desired amount of beans onto 1 bread slice
3. cover with the remaining bread slice.
4. Cut in half and enjoy.





OCTOBER

Curried Cranberry Sandwiches



Prep Time: 25 mins



Total Time: 25 mins

Servings per Recipe: 6

Calories 381.8

Fat 17.9g

Cholesterol 42.6mg

Sodium 507.0mg

Carbohydrates 39.4g

Protein 16.4g

Ingredients

2 C. cubed cooked chicken

1 1/2 C. unpeeled red apples, chopped

3/4 C. dried cranberries

1/2 C. celery, sliced and chopped

1/4 C. chopped pecans

2 tbsp green onions, sliced

3/4 C. mayonnaise

2 tsp lime juice

1/2 - 3/4 tsp curry powder

12 slices bread

lettuce leaf

Directions

1. In a bowl, add the chicken, apples, cranberries, celery, green onions, pecans, mayonnaise, curry powder and lime juice and mix until well combined.
2. Cover the bowl and place in the fridge before using.
3. With a 3-inch heart-shaped cookie cutter, cut each bread slice.
4. Place the chicken salad over each bread piece and enjoy.

American Street Dog Sandwiches



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 2

Calories 328.5

Fat 18.4g

Cholesterol 32.9mg

Sodium 905.6mg

Carbohydrates 28.3g

Protein 11.6g

Ingredients

2 hot dogs

4 slices bread

2 slices American cheese

ketchup

Directions

1. Cook the hot dogs as suggested on the package.
2. After cooking, cut each hot dog in half lengthwise and then cut horizontally.
3. Meanwhile, in a toaster, cook the bread slices until toasted.
4. Place the ketchup onto 2 bread slice evenly.
5. Place 1 cheese slice onto each of remaining 2 bread slices, followed by the hot dogs pieces and your favorite condiments.
6. Cover with the remaining bread slices and enjoy.

A 1ST GRADER'S Favorite



Prep Time: 1 min



Total Time: 1 min

Servings per Recipe: 1

Calories 782.8

Fat 40.0g

Cholesterol 30.5mg

Sodium 1026.4mg

Carbohydrates 91.7g

Protein 13.9g

Ingredients

- 1 hard roll
- 1 tbsp butter
- 1 bunch Doritos

Directions

1. Place the butter on hard roll evenly, followed by the Doritos.
2. Cut in half and enjoy.

Greek Sandwiches



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 947.6

Fat 55.2g

Cholesterol 107.1mg

Sodium 2006.0mg

Carbohydrates 81.9g

Protein 33.1g

Ingredients

4 slices crusty bread
4 tbsp olive oil
8 oz. feta, sliced
1 large tomatoes, sliced

2 tsp chopped oregano leaves
ground black pepper

Directions

1. Coat the both sides of all bread slices with some oil evenly.
2. Place the feta onto 2 bread slices evenly, followed by the tomato slices, oregano and black pepper.
3. Cover with the remaining bread slices.
4. In a nonstick skillet, add 1 tbsp of the oil over medium heat and cook until just heated.
5. Add the sandwiches and cook for about 2 minutes per side.

NEW ENGLAND

Cheddar Crab Sandwiches



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 253.1

Fat 16.4g

Cholesterol 58.6mg

Sodium 793.7mg

Carbohydrates 8.3g

Protein 18.3g



Ingredients

- 1/2 lb. crab meat, flaked
- 3 green onions, chopped
- 4 oz. cheddar cheese, shredded
- 2 oz. cheddar cheese, shredded
- 1/3 C. mayonnaise
- 1/4 tsp cayenne pepper
- 2 tomatoes, cut into eight slices
- 4 sourdough English muffins, split

Directions

1. Set the broiler of your oven and arrange oven rack about 4-inch from the heating element.
2. In a bowl, add the green onions, crab meat, mayonnaise, cheese and cayenne pepper and mix until well combined.
3. Arrange the English muffin halves onto a broiler pan and cook under broiler for about 3-5 minutes.
4. Remove from oven and arrange 1 tomato slice on each muffin half, followed by the crab mixture and cheese.
5. Cook under broiler for about 3-5 minutes. Sandwiches should be enjoyed opened face.
6. Enjoy hot.

Valley Jam Sandwiches

 Prep Time: 1 min
 Total Time: 6 mins

Servings per Recipe: 1

Calories 0.0

Fat 0.0g

Cholesterol 0.0mg

Sodium 0.0mg

Carbohydrates 0.0g

Protein 0.0g

Ingredients

butter

strawberry jam

sliced cheddar cheese

sandwich bread

Directions

1. Set the broiler of your oven.
2. Place the butter onto bread slices, followed by the strawberry jam and cheddar.
3. Arrange the slices onto a broiler pan and cook under broiler for about 5 minutes.
4. Remove from the oven and keep aside to cool completely.
5. Enjoy.

NOVEMBER

Leftover Sandwich



Prep Time: 1 min



Total Time: 6 mins

Servings per Recipe: 1

Calories 0.0

Fat 0.0g

Cholesterol 0.0mg

Sodium 0.0mg

Carbohydrates 0.0g

Protein 0.0g

Ingredients

leftover turkey slice

salt & pepper

left over prepared stuffing

left over cranberry sauce



mayonnaise

white bread

Directions

1. Place the mayonnaise onto bread slices, followed by the turkey slices, stuffing and cranberry sauce.
2. Sprinkle with the salt and pepper and enjoy.

Alaskan Sandwiches

 Prep Time: 15 mins
 Total Time: 15 mins

Servings per Recipe: 2

Calories	412.9
Fat	22.7g
Cholesterol	88.2mg
Sodium	777.0mg
Carbohydrates	26.8g
Protein	24.7g

Ingredients

1 (3 oz.) packages cream cheese, softened
1 tbsp mayonnaise
1 tbsp lemon juice
1 tsp dill weed
1/4-1/2 tsp salt
1/8 tsp pepper
1 (6 oz.) cans pink salmon, drained, bones
and skin removed
1/2 C. chopped celery
2 lettuce leaves
2 buns

Directions

1. In a bowl, add the mayonnaise, cream cheese, dill weed, lemon juice, salt and pepper and beat until blended finely.
2. Add the celery and salmon and stir to combine.
3. Place 1 lettuce leaf onto the bottom half of each bun, followed by the salmon salad.
4. Cover with the top half of bun and enjoy.

CAROLINA

Classic (Banana Mayo Sandwich)



Prep Time: 2 mins



Total Time: 2 mins

Servings per Recipe: 1

Calories 445.2

Fat 19.8g

Cholesterol 1.2mg

Sodium 438.4mg

Carbohydrates 59.6g

Protein 13.1g

Ingredients

2 slices white bread
2 tbsp peanut butter
1 tsp mayonnaise

1 banana, sliced in rounds

Directions

1. Place the peanut butter on one side of each bread slice.
2. Place the mayonnaise on the other side of each bread slice.
3. Arrange the banana slices between the two bread slices and enjoy.

Miami Hoagies



Prep Time: 15 mins



Total Time: 1 hr 23 mins

Servings per Recipe: 1

Calories 577.1

Fat 24.0g

Cholesterol 87.6mg

Sodium 1330.8mg

Carbohydrates 54.9g

Protein 34.7g

Ingredients

Butter

1/2 head garlic

1/2 tsp olive oil

1/2 tbsp Dijon mustard

3/4 tsp butter, softened

Sandwich

2 (3 oz.) hoagie rolls, halved lengthwise

4 slices sandwich pickles

1/8 lb. sliced smoked turkey

1/8 lb. sliced turkey ham

4 slices Swiss cheese

cooking spray

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. For the garlic butter: carefully, remove just the white papery skin from garlic head. Drizzle the garlic head with the oil.
3. With a piece of foil, wrap the garlic head.
4. Cook in the oven for about 1 hour. Remove from the oven and keep aside to cool for about 10 minutes. Now, separate the cloves and squeeze to extract the pulp, discarding the skins.
5. In a bowl, add the butter, mustard and garlic pulp and mix well. For the sandwiches: scoop out inside of the roll halves, leaving about 1/2-inch shell.
6. Place about 2 tsp of the garlic butter onto cut sides of both halves of each roll. Place the pickles on bottom half of each roll, followed by the turkey, ham and cheese.
7. Cover with each top half. Place a greased grill pan over medium-high heat until heated through. Place 2 sandwiches and top with a heavy skillet.
8. Now, press gently to flatten each sandwich. Cook for about 4 minutes per side.
9. Cut each sandwich in half diagonally and enjoy.

GREEK

Cucumber Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 202.8

Fat 4.8g

Cholesterol 0.0mg

Sodium 381.0mg

Carbohydrates 30.7g

Protein 10.2g

Ingredients

2 slices whole grain bread

2 tbsp hummus

3 slices cucumbers

2 slices red onion rings

1/8 green sweet pepper, sliced

2 slices tomatoes

alfalfa sprout

salt

ground pepper

Directions

1. Place the hummus onto both bread slices evenly.
2. Place the sliced vegetables onto 1 slice, followed by the alfalfa sprouts.
3. Cover with the remaining slice and enjoy.

Country Grilled Cheese



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 432.6

Fat 20.2g

Cholesterol 53.7mg

Sodium 600.0mg

Carbohydrates 51.0g

Protein 14.5g

Ingredients

1 tart granny smith apple, cored and sliced	butter
1 shallot, sliced	salt
1 clove garlic, sliced	
1/2 tbsp butter	
1 slice deli cheddar cheese	
1 slice deli American cheese	
2 slices of Italian bread, thin	

Directions

1. In a skillet, add 1/2 tbsp of the butter and cook until melted.
2. Add the apple, garlic and shallot and sauté for about 2 minutes.
3. With a slotted spoon, transfer the apple mixture onto a plate.
4. Place the butter onto one side of both bread slices evenly and sprinkle with the salt.
5. In the same skillet, place 1 bread slice over medium heat, buttered side down.
6. Placing 1 cheese slices over the bread, followed by the apple mixture and other cheese slice.
7. Cover with the remaining bread slice, buttered side up.
8. Cook until golden brown from both sides, pressing slightly with the back of a spoon.
9. Cut in half and enjoy.





MANHATTAN

Reuben Sandwich



Prep Time: 5 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 716.2

Fat 45.0g

Cholesterol 119.2mg

Sodium 2365.4mg

Carbohydrates 46.1g

Protein 32.4g

Ingredients

8 slices rye bread

3/4 C. thousand island dressing

1 (16 oz.) cans sauerkraut, drained

8 slices Swiss cheese

8 slices corned beef

buttered flavored Pam cooking spray

Directions

1. Place the dressing onto each bread slice evenly.
2. Place the sauerkraut onto 4 bread slices evenly, followed by the Swiss cheese and corned beef.
3. Cover with the remaining bread slices.
4. Coat both sides of each sandwich with the cooking spray.
5. Place a skillet over medium - high heat until heated through.
6. Add the sandwiches and cook until golden brown from both sides.
7. Enjoy hot.

Carolina Cheese Steaks



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 580.5

Fat 29.0g

Cholesterol 129.6mg

Sodium 1101.4mg

Carbohydrates 30.4g

Protein 48.2g

Ingredients

1/4 C. olive oil
1 large onion, sliced
1 1/2 lb. boneless sirloin, strips
1/4 tsp chili powder
1/4 tsp pepper
1 tsp salt
2 tsp molasses
2 tsp Worcestershire sauce
2 garlic cloves, minced

1 red bell pepper, sliced
2 green bell peppers, sliced
4 small French bread
1/2 C. mozzarella cheese, shredded
1/2 C. provolone cheese, shredded

Directions

1. For the meat filling: add the oil in a nonstick skillet over medium heat and cook until heated through.
2. Add the sirloin and onion and stir fry for about 3-4 minutes.
3. Add the garlic, molasses, Worcestershire sauce, salt, chili powder and pepper and cook for about 4-5 minutes, mixing often.
4. Add the bell peppers and cook for about 4 minutes.
5. Meanwhile, set the broiler of your oven.
6. Place the meat mixture onto each loaf evenly, followed by the mozzarella and provolone.
7. Cook under the broiler for about 50-60 seconds.
8. Enjoy hot.

ITALIAN

Garden Chicken Sandwiches



Prep Time: 30 mins



Total Time: 45 mins

Servings per Recipe: 6

Calories 713.8

Fat 46.7g

Cholesterol 207.9mg

Sodium 363.0mg

Carbohydrates 2.9g

Protein 67.2g



Ingredients

1/4 C. extra virgin olive oil	2 tomatoes, sliced
2 tbsp extra virgin olive oil	12 (4-oz.) chicken breasts, cutlets
1 lemon zest, grated	6 ciabatta rolls, split
1 1/2 tbsp lemon juice	6 slices mozzarella cheese
1 tbsp thyme leaves	6 large basil leaves
2 garlic cloves, minced	
kosher salt & ground black pepper	

Directions

1. In a bowl, add the garlic, lemon zest, thyme, 1/4 C. of the olive oil, lemon juice, salt and pepper and mix until well combined.
2. In a bowl, add the tomatoes and 1 tbsp of the oil mixture and gently, toss to combine. Keep aside in room temperature for about 25-30 minutes. Add the chicken cutlets into the bowl with the remaining oil mixture and mix well.
3. Keep aside in room temperature for about 25-30 minutes.
4. Set your grill for high heat and lightly, grease the grill grate.
5. Coat the rolls with the remaining oil evenly and cook onto the grill until golden brown.
6. Transfer the rolls onto a platter and keep aside.
7. Sprinkle the chicken cutlets with the salt and pepper evenly.
8. Now, cook the chicken onto the grill for about 3-4 minutes per side.
9. Place 2 chicken cutlets onto each bottom half of rolls, followed by the mozzarella, tomato and basil.
10. Place any accumulated tomato juices on each top half of the buns.
11. Place the top halves over bottom halves and enjoy.

Olive Salad Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 1

Calories	401.3
Fat	23.9g
Cholesterol	504.1mg
Sodium	522.8mg
Carbohydrates	25.6g
Protein	19.7g

Ingredients

8 hard-boiled eggs, peeled, rinsed and chopped	4 - 6 slices bread
2 green onions, chopped	lettuce
1/2 tsp seasoning salt	sliced tomatoes
1/3 C. pimento stuffed green olives, halved and squeezed	
1/3 C. mayonnaise	
1/2 tsp ground black pepper	
1 pinch cayenne pepper	

Directions

1. In a bowl, add all the ingredients except the lettuce and tomato slices and gently, stir to blend.
2. Cover the bowl and place in the fridge for about 3-4 hours.
3. Place the mixture into your favorite sandwich alongside the lettuce and tomato slices.

THE QUINTESSENTIAL PB&J (Peanut Butter and Jelly Sandwich)



Prep Time: 2 mins



Total Time: 6 mins

Servings per Recipe: 1

Calories 384.7

Fat 21.2g

Cholesterol 30.5mg

Sodium 502.0mg

Carbohydrates 43.1g

Protein 7.9g

Ingredients

2 slices bread

1 tbsp butter



1 -1 1/2 tbsp peanut butter

1 -1 1/2 tbsp jelly

Directions

1. Spread the butter onto one side of all bread slices.
2. Place the peanut butter onto the other side of one of the bread slice.
3. Place the jelly onto the other side of the remaining bread slice.
4. Heat a skillet and place one bread slice, buttered side down.
5. Cover with the remaining bread slice, buttered side up.
6. Cook until golden brown from both sides.
7. Enjoy hot.

All-American Sandwich

 Prep Time: 5 mins
 Total Time: 5 mins

Servings per Recipe: 1

Calories	338.6
Fat	17.0g
Cholesterol	31.0mg
Sodium	857.8mg
Carbohydrates	33.9g
Protein	12.7g

Ingredients

2 slices white bread
2 slices ripe tomatoes
3 - 4 basil leaves
1 - 2 tbsp mayonnaise

2 slices American cheese
salt and pepper

Directions

1. Place the mayonnaise onto one side of each bread slice.
2. Arrange basil leaves over the mayonnaise onto one slice, followed by the tomato and cheese.
3. Sprinkle with the salt and pepper and cover with the remaining bread slice.
4. Cut the sandwich in half and enjoy.

ALTERNATIVE Cuban Sandwiches



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 430.9

Fat 12.3g

Cholesterol 102.1mg

Sodium 469.0mg

Carbohydrates 39.1g

Protein 38.2g

Ingredients

2 slices white bread, toasted & crusts removed

4 oz. sliced fresh cooked turkey

1 tbsp cream cheese

1 tbsp strawberry preserves

Directions

1. Place the cream cheese onto 1 bread slice generously.
2. Place the strawberry preserves onto remaining slice evenly, followed by the turkey slices.
3. Cover with the remaining slice and enjoy.

Uptown Beef Steak Sandwiches



Prep Time: 15 mins



Total Time: 30 mins

Servings per Recipe: 4

Calories 585.0

Fat 26.8g

Cholesterol 53.7mg

Sodium 1880.3mg

Carbohydrates 57.9g

Protein 25.5g

Ingredients

1 lb. beef round tip steak, pound
1 tbsp olive oil
2 garlic cloves, crushed
3 tbsp light soy sauce, divided
1/8 tsp pepper
1 medium red onion, cut into thin wedges
2 tsp olive oil

1 1/2 C. sliced mushrooms
1/2 C. jarred roasted red pepper, strips
1/4 C. dry red wine
8 slices muenster cheese
4 (6 inch) crusty rolls

Directions

1. Cut the beef steaks in half lengthwise and then cut into 1-inch strips crosswise. In a nonstick skillet, add 1 tbsp of the oil over medium-high heat and cook until heated through.
2. Add the beef strips and garlic and sear for about 2 minutes.
3. Transfer the beef strips into a bowl with the pepper and 2 tbsp of the soy sauce and mix well.
4. In the same skillet, add 2 tsp of the oil over medium heat and cook until heated through.
5. Add the onion and sauté for about 4-5 minutes.
6. Add the mushrooms and cook for about 3-4 minutes.
7. Add the wine, remaining soy sauce and red pepper and cook until boiling. Add the cooked beef and stir to combine.
8. Set the heat to low and cook until heated completely.
9. Meanwhile, set the broiler of your oven.
10. Place the beef mixture onto the bottom half of each roll, followed by 2 cheese slices. Arrange the bottom halves onto a baking sheet alongside the top halves, cut side up.
11. Cook under broiler until just cheese melts. Enjoy hot.

FRENCH

Hazelnut and Chocolate Sandwich Cookies



Prep Time: 25 mins



Total Time: 37 mins

Servings per Recipe: 18

Calories 118.0

Fat 5.2g

Cholesterol 11.5mg

Sodium 99.3mg

Carbohydrates 15.4g

Protein 1.9g

Ingredients

- 1 C. Nutella
- 1 extra-large egg
- 1 C. self-rising cake flour

Directions

1. Set your oven to 375 degrees F before doing anything else and line a baking sheet with the parchment paper.
2. In a bowl, add the egg and 1/2 C. of the Nutella and with an electric mixer, beat until blended nicely.
3. Gradually, add 1 C. of flour, beating until a wet dough forms.
4. Place the dough onto a floured surface and with your hands, gently knead until a sticky dough forms.
5. With floured hands, make 18 equal sized balls from the dough.
6. In the bottom of the prepared baking sheet, arrange the dough balls about 2-3-inch apart.
7. With your fingers, press each ball very slightly.
8. Cook in the oven for about 12 minutes.
9. Remove from the oven and keep onto the wire rack to cool in the pan for about 10 minutes.
10. With a sharp, serrated knife, slice the cookies in half horizontally.
11. Place about 1 tsp of the Nutella onto each bottom half of cookies.
12. Cover with the top halves and press Strongly.
13. Keep onto the wire rack to cool completely.
14. Enjoy. You can store these cookies in an airtight jar.

Sweet Curried Chicken Sandwiches



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 4

Calories 275.8

Fat 15.2g

Cholesterol 42.2mg

Sodium 370.2mg

Carbohydrates 23.9g

Protein 10.7g

Ingredients

1 boneless chicken breast, skin removed	salt and pepper
1/4 C. diced peeled apple	6 slices bread
1 green onion, diced	2 tbsp butter, softened
1/4 C. mayonnaise	
1 tsp lemon juice	
1/4 tsp curry powder	

Directions

1. In a pan of the boiling water, add the chicken breast over medium-low heat and cook, covered for about 13-15 minutes.
2. Drain the chicken breast and transfer onto a plate.
3. Place in the fridge to cool slightly.
4. Now, chop the chicken breast finely.
5. In a bowl, add the chopped chicken and remaining ingredients except the bread slices and bread and mix well.
6. Place the butter onto the bread slices.
7. Pace the chicken mixture over 3 bread slice evenly and cover with the remaining bread slices.
8. Carefully, remove the crust of each sandwich and then, cut into triangles.
9. Enjoy.

THE EASIEST

Ice Cream

Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 12

Calories 0.0

Fat 0.0g

Cholesterol 0.0mg

Sodium 0.0mg

Carbohydrates 0.0g

Protein 0.0g

Ingredients



1 1/2 C. fat-free cool whip, thawed

24 low-fat graham crackers

Directions

1. Place about 2 tbsp of the Cool Whip onto 12 of the graham cracker squares evenly.
2. Cover with the remaining graham cracker squares.
3. With wax paper pieces, wrap each cracker sandwich and place into a zip lock freezer-safe bags.
4. Freeze until set.
5. Enjoy chilled.

Variety Chutney Sandwiches

 Prep Time: 4 mins
 Total Time: 8 mins

Servings per Recipe: 3

Calories	388.8
Fat	23.2g
Cholesterol	56.7mg
Sodium	871.7mg
Carbohydrates	30.0g
Protein	15.0g

Ingredients

6 slices sandwich bread
2 tbsp butter, softened
3 tbsp chutney, see appendix

6 oz. sliced cheese

Directions

1. Place about 1 tsp of the butter on each bread slices evenly.
2. Now, place about 1 tbsp of the chutney onto the unbuttered side of each of 3 bread slices, followed by 2 oz. of the gouda cheese.
3. Cover each with remaining bread slices, buttered side up.
4. Heat a skillet over medium - low heat and cook the sandwiches for about 1 - 2 minutes per side.
5. Enjoy hot.





A 2ND GRADERS Grilled Cheese Sandwich



Prep Time: 1 min



Total Time: 3 mins

Servings per Recipe: 1

Calories 199.2

Fat 7.8g

Cholesterol 27.2mg

Sodium 498.7mg

Carbohydrates 21.2g

Protein 14.5g

Ingredients

2 slices reduced-calorie whole wheat bread

1 1/2 oz. part-skim mozzarella cheese, sliced



1 tbsp apricot fruit spread

butter-flavored cooking spray

Directions

1. Set your panini press.
2. Place the apricot spread onto 1 bread slice evenly, followed by the cheese.
3. Cover with the remaining bread slice.
4. Coat the sandwich with the cooking spray lightly.
5. Cook the sandwich in panini press for about 2-3 minutes.
6. Enjoy hot.

Italian Pizza Lunch Box Sandwiches

 Prep Time: 2 mins
 Total Time: 4 mins

Servings per Recipe: 1

Calories	416.3
Fat	26.7g
Cholesterol	75.8mg
Sodium	861.0mg
Carbohydrates	21.1g
Protein	22.1g

Ingredients

2 slices Italian bread
2 tsp mayonnaise
2 tsp pizza sauce
6 slices pepperoni

2 slices sharp cheddar cheese
1 tbsp grated Parmesan cheese

Directions

1. Place the mayonnaise onto one bread slice evenly, followed by the Parmesan cheese.
2. Place the pizza sauce onto the remaining slice evenly, followed by the pepperoni slices and cheese.
3. Heat a toaster oven and cook both slices until cheese melts completely.
4. Combine the both slices together to make a sandwich.
5. Enjoy warm.

MOROCCAN

Chickpea Salad Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 203.5

Fat 7.0g

Cholesterol 3.6mg

Sodium 418.8mg

Carbohydrates 29.3g

Protein 8.3g

Ingredients



1 (14 oz.) cans chickpeas, rinsed and drained
4 tbsp vegan mayonnaise
1 tbsp mustard
1 tsp dried dill
1/2 lemon, juice

1 tbsp flax seed oil
2 tbsp nutritional yeast
2 tbsp chopped walnuts
2 green onions, sliced
sea salt & pepper

Directions

1. In a bowl, add the chickpeas and with a potato masher, mash roughly.
2. Add the remaining ingredients and mix until well combined.
3. Enjoy in your favorite sandwich.

Egg Salad Sandwiches

 Prep Time: 10 mins
 Total Time: 10 mins

Servings per Recipe: 4

Calories	362.8
Fat	19.1g
Cholesterol	379.9mg
Sodium	632.4mg
Carbohydrates	29.0g
Protein	16.9g

Ingredients

8 slices bread
8 hard-cooked eggs, chopped
1 stalk celery, chopped
1/3 C. reduced-fat mayonnaise
2 tbsp prepared yellow mustard
2 tsp cider vinegar

2 tbsp green onions, minced
salt and pepper

Directions

1. In a bowl, add the celery, green onion and eggs and mix well.
2. In another bowl, add the vinegar, mustard, mayonnaise, salt and pepper and mix until well combined.
3. Place the mayonnaise mixture over the eggs mixture and gently, toss to coat.
4. Spread the egg mixture onto 4 bread slices evenly.
5. Cover with the remaining bread slices and enjoy.

SPANISH

Pimiento Sandwich



Prep Time: 3 mins



Total Time: 13 mins

Servings per Recipe: 1

Calories 149.9

Fat 3.5g

Cholesterol 0.0mg

Sodium 277.6mg

Carbohydrates 25.3g

Protein 3.8g

Ingredients

2 slices bread

1 1/2 tbsp pimiento cheese

1/2 tsp margarine

Directions

1. Place the margarine onto one side of each bread slice in a thin layer.
2. In a cold skillet, place one bread slice, margarine side down.
3. Place the pimiento cheese over bread slice and cover with the remaining slice, margarine side up.
4. Place the skillet over heat and cook the sandwich for about 4-5 minutes per side.
5. Enjoy hot.

Chicago Italian Beef Sandwiches



Prep Time: 10 mins



Total Time: 8 hrs 10 mins

Servings per Recipe: 6

Calories 636.2

Fat 30.0g

Cholesterol 170.1mg

Sodium 1069.1mg

Carbohydrates 34.8g

Protein 53.3g

Ingredients

3 lb. rump roast, trimmed of visible fat	2 tsp garlic, minced
1 medium onion, sliced	6 hoagie rolls, split
1/2 C. water	arugula
1 (11 1/2 oz.) jars pepperoncini peppers, sliced	1 tomatoes, sliced
1 (2/3 oz.) package Italian salad dressing mix	

Directions

1. In a bowl, add the beef, onion, garlic, salad dressing mix, pepper juice and water and mix well.
2. Cover the bowl and place in the fridge for about 6-8 hours, flipping often.
3. In a slow cooker, add the beef mixture.
4. Set the slow cooker on Low and cook, covered for about 8-10 hours.
5. Uncover the slow cooker and transfer the beef onto a cutting board, reserving the cooking liquid.
6. Cut the beef into thin slices.
7. Coat the cut sides of each roll with some of the cooking liquid.
8. Place the arugula on the bottom half of rolls, followed by the tomato and pepper slices.
9. Cover with the top half of each roll and enjoy.

GRILLED

Mushroom Flatbreads



Prep Time: 20 mins



Total Time: 35 mins

Servings per Recipe: 4

Calories 482.2

Fat 29.9g

Cholesterol 0.0mg

Sodium 446.9mg

Carbohydrates 46.0g

Protein 8.7g

Ingredients

3 medium portabella mushroom caps

2 Vidalia onions, sliced

1/2 C. olive oil

4 garlic cloves, minced

salt and pepper

1 loaf Italian bread, cut lengthwise

Directions

1. In a bowl, add the garlic, oil, salt and pepper and mix well.
2. Add the onions and mushrooms and coat with the mixture generously.
3. Keep aside for about 35-40 minutes.
4. Set your grill for medium heat and lightly, grease the grill grate.
5. Remove the onions and mushrooms from the bowl, reserving the marinade.
6. Cook the onions and mushrooms on the grill until desired doneness, coating with some of the reserved marinade occasionally.
7. Coat the bread with some oil evenly.
8. Place the bread onto the grill and cook until toasted lightly.
9. Place the onions and mushrooms onto bottom half of the bread.
10. Cover with the top half and with a frying pan, press the sandwich together for about 3-5 minutes.
11. Cut into 6 equal sized portions and enjoy.

Homestead Sandwich Bread



Prep Time: 30 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 24

Calories 126.8

Fat 2.0g

Cholesterol 2.3mg

Sodium 203.3mg

Carbohydrates 23.2g

Protein 3.6g

Ingredients

5 -7 C. bread flour	2 tsp salt
1 2/3 C. milk	2 tbsp oil
1/2 C. warm water	1 pinch sugar
2 tbsp active dry yeast	1 egg, beaten
3 tbsp honey	

Directions

1. In a bowl, dissolve the yeast and a pinch of sugar into warm water.
2. Keep aside for about 5-10 minutes.
3. In another bowl, add the yeast mixture, honey, milk, oil, salt and 3 C. of the flour and mix until smooth.
4. Add the remaining flour, 1 cup at a time and mix until a dough forms. Place the dough onto a floured surface and with your hands, knead for about 10 minutes. Now place the dough into an oiled bowl and turn to coat with the oil.
5. With a plastic wrap, wrap the bowl and then, cover with a tea towel. Place in the warm area for about 1 1/2 hours. Divide the dough in 2 portions and with your hands, punch each one well. Shape each dough portion into a rectangle.
6. Roll each triangle tightly, tucking in the ends.
7. Place 1 loaf in a greased loaf pan. With a plastic wrap, cover each loaf pan and place in the warm area for about 45 minutes.
8. Set your oven to 350 degrees F and arrange a rack in the middle of the oven. Coat the top of each loaf with the beaten egg evenly. Cook in the oven for about 35 minutes.
9. Remove from the oven and keep onto the wire rack to cool in the pans for about 10 minutes.
10. Carefully, invert the breads onto the wire rack to cool completely before slicing. Cut into desired sized slices and enjoy.

WEEKDAY

Simple Shrimp Sandwiches



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 10.5

Fat 0.9g

Cholesterol 3.1mg

Sodium 17.2mg

Carbohydrates 0.3g

Protein 0.2g

Ingredients

1 (3 oz.) packages cream cheese
2 tbsp mayonnaise
1 tbsp catsup
1 tsp mustard
1 dash garlic powder
1 C. chopped canned shrimp


1/4 C. chopped celery
1 tsp chopped onion

Directions

1. In a blender, add all the ingredients and pulse until smooth.
2. Enjoy the shrimp mixture onto the buttered bread and enjoy.

Breakfast Sandwiches

 Prep Time: 5 mins

 Total Time: 25 mins

Servings per Recipe: 4

Calories 458.9

Fat 30.7g

Cholesterol 60.2mg

Sodium 966.1mg

Carbohydrates 27.2g

Protein 18.3g

Ingredients

1 can refrigerated biscuit	butter
8 - 10 oz. cheddar cheese, square slices	scrambled eggs
1 roll of beef sausage, round slices	
1 tbsp oil	

Directions

1. Prepare the biscuits as suggested on the package.
2. In a skillet, add a little oil over medium heat and cook until heated through.
3. Add the sausage pieces and cook until desired doneness.
4. Split the warm biscuits horizontally.
5. Spread the butter onto the biscuit halves.
6. Place the cheddar on bottom halves of biscuits, followed by the sausage pieces and scrambled eggs.
7. Cover with the top halves of biscuits and enjoy.

CAROLINA

Dijon Coleslaw Sandwiches



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 380.9

Fat 28.1g

Cholesterol 99.6mg

Sodium 1119.7mg

Carbohydrates 9.9g

Protein 21.5g

Ingredients

- 1 C. Coleslaw, drained
- 2 tbsp dill, chopped
- 2 hard poppy seed rolls, split
- 1 tbsp Dijon mustard
- 4 slices salami
- 4 slices havarti cheese

Directions

1. In a bowl, add the coleslaw and dill and mix well.
2. Place the mustard onto top halves of each roll evenly.
3. Place the coleslaw mixture onto the bottom halves of each roll evenly, followed by the salami and cheese.
4. Cover each bottom half with the 1 top half. of the rolls.
5. Cut each sandwich in half and enjoy.

Provolone Tuscan Sandwiches



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 379.6

Fat 19.2g

Cholesterol 29.3mg

Sodium 657.9mg

Carbohydrates 34.4g

Protein 17.9g

Ingredients

1 (12 inch) baguette
2 tbsp olive oil
1/4 tsp dried oregano
1/4 tsp garlic powder

6 oz. provolone cheese, sliced
2 beefsteak tomatoes, sliced
salt and pepper

Directions

1. Set your grill for medium heat and lightly, grease the grill grate.
2. With a serrated knife, remove about 1/2-inch of the domed top of the baguette.
3. Now, cut the baguette in half horizontally.
4. In a bowl, add the oregano, garlic powder and oil and mix well.
5. Coat the both baguette halves with the oil mixture evenly.
6. Place 1/2 of the provolone cheese slices onto the bottom half of the baguette, followed by the tomato slices, salt, pepper and remaining provolone cheese slices.
7. Cover with the top half of the baguette.
8. Cook the sandwiches onto the grill for about 3 minutes.
9. Cut the sandwich into 4 equal sized portions and enjoy.





FLATBREAD

Turkey Club



Prep Time: 2 mins



Total Time: 6 mins

Servings per Recipe: 1

Calories 405.0

Fat 15.9g

Cholesterol 77.9mg

Sodium 1449.5mg

Carbohydrates 40.0g

Protein 24.8g

Ingredients

2 slices Texas toast thick bread
3 oz. deli turkey, sliced thin
1 slice bacon, cooked crisp
2 slices tomatoes

mayonnaise
1 slice Swiss cheese
drizzle olive oil

Directions

1. Spread the mayonnaise over both bread slices evenly.
2. Place the turkey onto 1 bread slice, followed by the bacon, tomatoes and Swiss cheese.
3. Cover with the remaining bread slice.
4. Coat the sandwich with the oil from both sides.
5. Heat a grill pan and cook the sandwich until crisp from both sides.
6. Enjoy hot.

Mediterranean Chicken Pitas



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 4

Calories 341.0

Fat 9.5g

Cholesterol 54.9mg

Sodium 772.1mg

Carbohydrates 37.0g

Protein 25.4g

Ingredients

- 1 (12 1/2 oz.) cans chunk chicken, drained
- 10 sprigs cilantro, chopped
- 1/2 medium lime, juice
- 1/4 medium cucumber, chopped
- 1 medium tomatoes, seeded and chopped
- 2 garlic cloves, minced
- 1/4 tsp dried oregano
- 1/4 tsp ground black pepper
- 1/2 tbsp extra virgin olive oil
- 4 - 8 pita pockets

Directions

1. In a bowl, add all the ingredients and mix until well combined.
2. Place in the fridge for about 1 1/2 hours.
3. Place the mixture into 2 pita pocket halves evenly and enjoy.

CELIA'S

Chicken Caesar Sandwiches



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 280.0

Fat 17.5g

Cholesterol 64.1mg

Sodium 619.5mg

Carbohydrates 9.2g

Protein 21.3g

Ingredients

2 roasted boneless skinless chicken breasts, sliced

4 oz. sliced pancetta

1 large garlic clove, chopped

2 tbsp chopped flat-leaf parsley

1 tsp Dijon mustard

1 1/2 tbsp lemon juice

1/2 C. mayonnaise

1 loaf ciabatta, halved horizontally

2 oz. romaine lettuce, chopped

3 oz. Parmesan cheese, grated

Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In the bottom of a baking sheet, arrange the pancetta in a single layer. Cook in the oven for about 10-15 minutes.
3. For the Caesar dressing: in a blender, add the parsley and garlic and pulse until minced.
4. Add the mayonnaise, mustard and lemon juice and pulse until smooth. In a baking sheet, arrange the bread halves, cut side up and cook in the oven for about 5-7 minutes.
5. Remove from the oven and keep aside to cool slightly.
6. Place the Caesar dressing over cut side of each bread piece evenly.
7. Place half of the romaine onto the bottom half of the bread, followed by the Parmesan, pancetta and chicken.
8. Season with the salt and pepper evenly and top with the remaining romaine.
9. Cover with the top half of ciabatta.
10. Cut into 4 equal sized portions crosswise and enjoy.

Seattle Backyard Sandwich



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 4

Calories 591.7

Fat 18.1g

Cholesterol 19.3mg

Sodium 1089.7mg

Carbohydrates 85.0g

Protein 25.9g

Ingredients

8 slices sourdough bread
1/3 C. low-fat mayonnaise
1/4 C. Dijon mustard
4 romaine lettuce leaves
4 slices provolone cheese
1 large tomatoes, sliced
1 red onion, sliced

1 cucumber, peeled and halved lengthwise
1 - 2 avocado, peeled and sliced
1 (4 oz.) packages bean sprouts

Directions

1. Place the mayonnaise and Dijon mustard on one side of all bread slices.
2. Place 1 lettuce leaf on each of 4 bread slices, followed by 1 cheese slice, 1 tomato slice, onion slices, cucumber slices, and avocado slices and sprouts.
3. Cover each with the remaining bread slices.
4. Cut each sandwich in half diagonally and enjoy.

JAMAICAN Jerk Seasoning



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 10 kcal

Fat 0.1 g

Carbohydrates 2.4g

Protein 0.3 g

Cholesterol 0 mg

Sodium 1074 mg

Ingredients

1 1/2 C. allspice

8 C. salt

5 1/2 C. garlic powder

4 C. white sugar

1 C. chile powder

1/2 C. ground cloves

2 C. dried thyme leaves

2 C. ground black pepper

4 C. cayenne pepper

1 C. ground cinnamon

Directions

1. Get a bowl, sift: cinnamon, allspice, cayenne, salt, black pepper, sugar, thyme, cloves, and chipotle powder.
2. Get a container that is airtight for best storage and maximum shelf time.

Cajun Seasoning



Prep Time: 5 mins



Total Time: 10 mins

Servings per Recipe: 12

Calories 19.5

Fat 0.5g

Cholesterol 0.0mg

Sodium 200.8mg

Carbohydrates 4.0g

Protein 0.9g

Ingredients

- 5 tbsp paprika
- 2 tbsp garlic powder
- 1 tbsp black pepper
- 1 tbsp ground red pepper
- 1 tbsp white pepper
- 1 tbsp thyme
- 1 tbsp oregano
- 1 tsp salt
- 1 tsp chili powder
- 1 tsp onion powder

Directions

1. Get a small mixing bowl: Mix in it all the ingredients. Place it in the storing jar then use it whenever your desire.
2. Enjoy.

MANGO Chutney



Prep Time: 20 mins

Total Time: 1 hr 5 mins

Servings per Recipe: 1

Calories 627.2

Fat 2.1g

Cholesterol 0.0mg

Sodium 3748.7mg

Carbohydrates 153.4g

Protein 4.2g

Ingredients

1 kg very firm mango

2 C. sugar

625 ml vinegar

1 (5 cm) pieces ginger, peeled

4 cloves garlic, peeled

2 - 4 tsps chili powder

4 tsps mustard seeds

8 tsps salt

1 C. raisins or 1 C. sultana

Directions

1. Peel the mango and then remove the pit and chop it.
2. In a pan, add sugar and vinegar, leaving about 20ml and simmer, stirring occasionally for about 10 minutes.
3. Meanwhile in a food processor, add remaining vinegar, garlic and ginger and pulse till a paste forms.
4. Transfer the paste into a pan and simmer, stirring continuously for about 10 minutes.
5. Stir in the mango and remaining ingredients and simmer, stirring occasionally for about 25 minutes or till desired thickness of chutney.
6. Transfer the chutney into hot sterilized jars and seal tightly and keep aside to cool.
7. This chutney can be stored in dark place for about 1 year but remember to refrigerate after opening.

Simple Pesto



Prep Time: 2 mins



Total Time: 12 mins

Servings per Recipe: 6

Calories 199 kcal

Fat 21.1 g

Carbohydrates 2g

Protein 1.7 g

Cholesterol 0 mg

Sodium 389 mg

Ingredients

1/4 C. almonds
3 cloves garlic
1 1/2 C. fresh basil leaves
1/2 C. olive oil

1 pinch ground nutmeg
salt and pepper to taste

Directions

1. Set your oven to 450 degrees F before doing anything else.
2. Arrange the almonds onto a cookie sheet and bake for about 10 minutes or till toasted slightly.
3. In a food processor, add the toasted almonds and the remaining ingredients till a rough paste forms.

COUNTRY

Sandwich Rolls



Prep Time: 1 hr

Total Time: 1 hr 20 mins

Servings per Recipe: 1

Calories 219.4

Fat 3.8g

Cholesterol 9.1mg

Sodium 469.3mg

Carbohydrates 37.5g

Protein 11.8g

Ingredients

12 1/2 oz. whole wheat flour
1 1/2 oz. vital wheat gluten
1 1/2 tsp salt
2 1/4 tsp active dry yeast
1 tbsp honey

1 tbsp butter, melted and cooled
1 1/4 C. warm milk
beaten egg
poppy seeds

Directions

1. Get a stand mixer: Combine in it the wheat flour with wheat gluten and salt. Pulse them few times to mix them.
2. Get a mixing bowl: Stir in it the yeast with milk. Let them sit for few minutes until it becomes bubbly.
3. Add it with the melted butter and honey to the mixer. Mix them several times until they become smooth. Knead the dough for 5 to 6 min until it becomes soft while adding some water if it is too dry.
4. Knead the dough again for another 4 min. Transfer it to a greased bowl and cover it.
5. Place the dough aside and let it rest for 14 min. Spread some cornmeal over a baking tray.
6. Once the time is up, form the dough into 8 or 10 balls. Place them on the baking tray.
7. Put the tray in the oven with a small ovenproof saucepan of water in the oven.
8. Close the door and let the dough rest for 23 min.
9. Discard the water from the saucepan and replace it with boiling water.
10. Close the dough again and let the dough rise for 26 min. Remove it from the oven and place it aside.
11. Heat the oven to 350 F.
12. Coat the dough buns with some beaten egg and bake them for 21 min until they become golden brown.
13. Allow the bread buns to cool down for a while then serve them. Enjoy.

Homemade Brown Bread for Sandwiches



Prep Time: 1 hr 30 mins



Total Time: 1 hr 42 mins

Servings per Recipe: 16

Calories 104.3

Fat 1.5g

Cholesterol 11.6mg

Sodium 151.2mg

Carbohydrates 20.8g

Protein 3.9g

Ingredients

1 1/3 C. warm water
1/4 C. sugar
1 tbsp yeast
1 egg
2 tsp canola oil
3 C. whole wheat flour
1/2 C. wheat bran
2 tbsp vital wheat gluten
1 tsp salt

Directions

1. Get a mixing bowl: Stir in it the sugar with warm and yeast. Let them sit for 2 min.
2. Mix in the oil with the egg.
3. Get a large mixing bowl: Stir in it the flour with bran, wheat gluten, and salt.
4. Mix half of the mixture into the egg mix. Mix them well.
5. Transfer the mixture to a greased bowl. Cover it and let it rest for 46 min.
6. Once the time is up, mix into it the rest of the flour mixture.
7. Coat two cooking trays with a cooking spray. Place them aside.
8. Shape the dough into 16 balls. Place them on the greased trays.
9. Cover them with a kitchen towel and let them rest for 46 min.
10. Before you do anything, preheat the oven to 350 F.
11. Place the bread pans in the oven. Let them cook for 14 to 16 min until they become golden brown.
12. Allow the bread rolls to cool down completely then serve them.
13. Enjoy.

HONEY

Roll Bread Machine



Prep Time: 15 mins



Total Time: 3 hrs 15 mins

Servings per Recipe: 1

Calories 186.1

Fat 4.8g

Cholesterol 26.8mg

Sodium 164.9mg

Carbohydrates 31.1g

Protein 5.0g

Ingredients

1 1/4 C. warm milk

1 egg, beaten

2 tbsp butter, softened

1/4 C. honey

3/4 tsp salt

2 3/4 C. bread flour

1 C. whole wheat flour

1 1/4 tsp bread machine yeast

2 tbsp butter, melted

Directions

1. Combine all the ingredients in a bread machine. Press the dough cycle to start.
2. Once the time is up, place the dough on a lightly floured board.
3. Flatten it until it becomes 1/4 inch thick. Use a 3 to 4 inches cookie cutter to cut them into circles.
4. Place the dough circles on a greased baking pan. Cover them a kitchen towel and let them rise for 60 min.
5. Before you do anything, preheat the oven to 350 F.
6. Cook them in the oven for 12 to 16 min.
7. Allow the bread rolls to cool down completely then serve them.
8. Enjoy.

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