

# Knowledge @ Noon

## *“Betwixt & Between”*



*Wednesday, July 16, 2014*  
*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
K-State Research & Extension, Miami County

*Instructors:*  
*Miami County Extension Master Food Volunteers*

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# History of Sandwich

The history of the sandwich can be traced not only through that particular moment when it was put together as a whole, but through its component parts as well — particularly the bread — as well as similar meals from which were its inspiration. Though the creation of the sandwich in 1762 is attributed to the Earl of Sandwich, John Montagu, who required a convenient meal without having to leave the gambling table, other similar concoctions using flatbreads and pita with meat filling were already in existence.

In the *Encyclopedia of Food and Culture* edited by Solomon H. Katz and cited in The Food Timeline website, Montague must have taken inspiration from these pita sandwiches, which were part of the traditional Greek and Turks meze tables (small plates) during his travel to the Mediterranean.

Likewise, it must have been his trip to France that inspired the meal. According to the British Sandwich Association, in their history of the sandwich, “some records suggest that the idea came when he made a visit to France in 1748 and discovered that by law French landowners were responsible for providing their field workers with a noon-time meal. The most common meal sent out to the fields was meat, potatoes, vegetables and sauce between 2 thick slices of bread.”

Other versions of the early sandwich include the creation of Rabbi Hillel the Elder during the 1st century in Palestine. According to the British Sandwich Association, the rabbi’s sandwich was made with matzoh (“hard biscuits baked with ground nuts”) and spread with “a mixture of nuts, apples, spices and wine.” But the earl of sandwich did help propagate the term for this light meal in the United Kingdom, which has since travelled to the United States and elsewhere.

The British Sandwich Association celebrates the 250th year of the sandwich from 1762-2012. Through the decades after the bread loaf sandwiches became commercially available as well as the baguette and similar breads entered the mainstream, various types of sandwiches were invented in diners, hotel kitchens, restaurants and homes.

## Nutritional Information of Sandwich

With its various components, we can gauge the nutritional information of sandwich based on each ingredient and the sandwich as a whole. For the bread alone, we get fiber, protein, and other nutrients.

We compared regular white bread (toasted), medium French bread, pumpernickel and rye bread (based on USDA Nutrient Database data as well as Self Magazine's online Self NutritionData), which are often used in sandwiches. The lowest in calories is the white bread with 64.5 grams, followed closely by the pumpernickel at 65. French bread has the highest calories at 185. In terms of fiber, the toasted rye has the higher content at 1.9 grams dietary fiber compared to the 0.6 grams in white bread.

The bread in this list with the highest protein is the French bread at 7.5 grams compared to white bread which only has 2 grams, pumpernickel at 2.3 grams, and rye bread at 2.7 grams. The lowest fat among these breads is the pumpernickel, with only 0.8 gram total fat and 0.1 gram saturated fat. French bread has a slightly higher amount at 1.2 gram total fat, and 0.3 gram saturated fat.

These breads are mostly high in vitamins and minerals. Toasted white bread is high in thiamine and folate as well as selenium. French bread is high in folate, thiamine, niacin, manganese and iron. Pumpernickel has 4% niacin, 17% manganese and 7% sodium. Lastly, toasted rye is high in selenium, manganese and thiamine.

Out of the fillings, you'd get various amounts of the same nutrients but mostly protein and fat, from chicken, ground beef, steak, bacon, ham, tuna, salmon, sardines, egg, and more. The addition of greens like lettuce, arugula, celery, herbs, and the like will give you more vitamins and minerals.

From mayonnaise, cheese, yogurt sauce, and other dressings, there's fat, protein, calcium, vitamin C, vitamin A, and more to be gained.

Of course as you pile on the garnishings, sauces, dressings, and even the filling itself, the more calories, fat, sodium, and nutrients you get.

## THE SANDWICH RECIPE

Sandwiches are most often eaten as a light meal, since it was conceptualized originally as something to be eaten on the go. Sandwich recipes follow the same concept: a pair of bread slices or a bread roll sliced in half filled with meat or a spread. All the other variations, deviations and additions rely on whatever else you put into it.

Keep in mind that in sandwich recipes, which you sometimes wouldn't need as long as you have your creative ideas down pat, you are basically building an edible structure. This 'structure' follows some kind of blueprint so that your finished piece will be the type of sandwich you intend to create. You can either be making an egg sandwich or a hamburger — both have their own list of ingredients and how they are layered into each other.

Let's start with the bread. The basic sandwich bread is the white loaf or Pullman bread that is cut into thick, square slices. It is flat enough to accommodate whatever filling you put into it. However, sandwich recipes may also call for something more than the simplicity of a white loaf. That's why hamburger buns, Kaiser rolls, French baguette, ciabatta, rye bread, sourdough rolls, and more can be used to make a multitude of sandwich recipes. You can also use pita or naan flatbreads to make wrap sandwiches.

To moisten the bread and filling, you would need to spread something in between them. This spread can be in the form of a dollop of mayonnaise, a piece of butter, a sandwich spread, or a more sophisticated aioli. Sometimes the sandwich is complete when you have the spread — like peanut butter and jelly, simply butter, and so forth.

To enrich the sandwich and make it substantial, your sandwich recipes need a filling. It can be in many forms: ground beef burger patty, chicken fillets, tuna salad, deli cuts (salami, ham, etc.), crisp bacon, boiled eggs, and most importantly, cheese. The cheese can be cheddar, mozzarella, provolone, chevre, Swiss or blue cheese.

To balance off the sandwich, you would need greens, condiments and relishes. Pick fresh lettuce, arugula, or alfalfa sprouts. Slice up some juicy tomatoes or caramelize some onions. On top of your filling, squeeze in some mustard, ketchup, pesto or herbs and spices. To finish, you can either toast the whole sandwich in a grill, pan, oven toaster or panini press or serve it wrapped as is.

## *VARIETY OF SANDWICHES*

The wide range of sandwich varieties allows us to categorize this delightful, standalone meal. Each particular sandwich has its own recipes and standards followed by the cook (i.e. bacon, lettuce and tomato for a BLT).

**Homemade, Deli, or Restaurant:** Homemade is sometimes considered to be inferior but with sandwich makers, good ingredients, and imagination, they can be tastier and healthier than those purchased elsewhere.

**Cooked vs. Uncooked:** Sandwiches as we assemble them (peanut butter & jelly) are served uncooked and as is. There are varieties that need to be cooked before serving such as grilled cheese, Panini, or sloppy Joes using a pan, griddle, grill, toaster oven, or sandwich maker.

**Savory vs. Sweet:** Savory sandwiches have meat, seafood, cheese or vegetable fillings and are eaten as an appetizer, snack or main course. Sweet sandwiches have fillings of jellies, preserves or marmalades are eaten as a light meal or part of a dessert.

## *CULINARY USES OF SANDWICHES*

Sandwiches may be eaten as a light meal, appetizer or part of the main course. Since it is made of several parts-bread, filling, dressing, and garnish- it's use is basically how it is served.

**Canapes and Appetizers:** Canapes are small pieces of bread or cracker topped with a savory spread. Appetizers might be dainty small sandwiches serves on trays. You can eat several and still have space left for the main course. They appeal to more than just the sense of taste as they are often quite beautiful in appearance.

**Main Course and Leftovers:** Much of the time sandwiches are what are eaten at lunch or late in the evening. Sandwiches used as a main course are made more substantial by making it a meal in itself-more meat, larger bread, a larger serving. It is also a wonderful way to use up leftovers.

**Sweet Sandwiches:** While savory sandwiches are more popular, sweet sandwiches have an important place in our culinary world. They offer an extra special meal, especially to children and lovers of jellies, peanut and other nut butters, honey, and anything edible that you can spread on bread. They can be served at breakfast or tucked into lunchboxes as a reminder of home. They can be served as is, grilled, or chilled (ice cream sandwich).

## ***TYPES OF SANDWICHES***

**Panini:** Plural for Italian word for roll or small bread (*panino*). Panini has now been adopted as the name for any pressed and toasted sandwich. Originated in sandwich shops in Italy but have been familiar in the US since the early 1990's. To make one at home, use the best flavorful bread you can make or buy ( focaccia or ciabatta), deli meats, fresh veggies, dressings and cheese with a good melting structure(mozzarella, provolone, etc). The sandwich is layered, but not overstuffed, with combinations of meats, cheeses, veggies, adding dressing and then pressed and lightly grilled. Examples: prosciutto with mozzarella, grilled vegetable, apple and fontina cheese, roasted turkey and tomato, ham and mozzarella. You can make a large sandwich and then slice it and serve.

**Open Faced Sandwiches:** Traditionally, sandwiches are made with two breads and a filling in the center. With only one slice of bread as the base, the open faced sandwich is usually eaten with a knife and fork. Almost any sandwich can be made open faced. You will want to be more mindful of how you arrange the layers since there is no bread to hide what's inside and the more pleasing your sandwich appears, the more satisfying your sandwich will be. Open faced sandwiches are good to use as fun sandwiches for kids using faces, flowers, animals or the like for the shape and/or décor. Examples: fried egg with asparagus, open face pizza sub, roast beef with potatoes and gravy, Italian bruschetta.

**GYRO, FALFEL, AND PITA:** This group of similar Mediterranean and Middle Eastern sandwiches use roasted meat, lentils, and yogurt dressing as a commonality. They are found on street food stands as well as trendy restaurants. The Gyro is made with slices of spiced meat cooked on a spit and served with salad in pita bread (bread with a pocket). It is Greek in origin as it often uses roasted lamb. Gyro translates from Greek for "turn". The Falafel sandwich is made of ground chickpeas or fava beans instead of meat, formed into a round patty, fried, and served with pita bread. There are traditionally 3 falafel balls to a sandwich, served with cucumber-yogurt sauce and fresh parsley. More health conscious consumers use baked falafel balls. The pita sandwich includes any sandwich that uses pita bread instead of more traditional loaves, rolls, or buns. Examples: Greek salad pita, chicken salad pita, tuna pita, turkey, pita, or vegetarian pita.

**FRIED SANDWICHES:** Toasted and grilled sandwiches are familiar but the latest trend is fried sandwiches such as the Monte Cristo. Each is complete by itself-filling, bread, spread- but it is deep fried to make a crisp out layer and a meaty and creamy interior. They are often dipped in beaten egg and, sometimes, milk before deep frying, much like a savory French toast. Examples: Croque Monsieur, or mozzarella only.

**Hero, Hoagie, and Submarine:** The hero, hoagie, and submarine all pile on deli meats, cheeses, and veggies so the consumer is left feeling full. They belong to the same family, perhaps even referring to the same thing except they are in different regions. They are often overstuffed and served on thick Italian or chewy French bread. The Hero seems to be American in origin with Italian flavors. It uses an oblong roll as the base such as Italian bread that has a crisp crust. Italian cold cuts (salami, prosciutto, pepperoni, etc) are layered with cheese (Provolone, Swiss, American), seasonings, red wine vinegar, and olive oil. Hoagies are native to Philadelphia. It piles on layers of cold lunch meats and cheeses on a long roll such as French bread and then garnished with sweet and/or hot peppers, lettuce, tomatoes, onions, oregano, and a vinegar and olive oil dressing. When you order a submarine sandwich, expect a really long sandwich. Normally 12 inches long and 3 inches wide, the submarine is filled with boiled ham, hard salami, cheeses, lettuce, tomatoes, onions and sometimes flavored with garlic and oregano.

**OTHER TYPES OF SANDWICHES:** Sliders: regular sandwiches served with buns but smaller in size,

Dagwood: layers of meat, cheese, veggies, and breads

Wrap: filling put on a tortilla and then rolled into a type of sandwich

Calzone: Filling baked inside a bread, usually pinched at the edge, often Italian flavors

Tacos: Mexican flavored meats and other fillings served in a taco shell-hard or soft

Burritos: Mexican flavored meats and other fillings served in a tortilla that has been wrapped around it and then baked. Often covered with cheese while baking.

Ice Cream Sandwich: Ice cream frozen between two cookies or bars

#### **OTHER IDEAS:**

**It's a Wrap:** Using a high fiber, multigrain flour tortilla, spread on mustard, hummus, light salad dressing, or pesto. Layer grilled chicken, chicken salad, or lean meat, cheese, tomato, onion, shredded lettuce. Roll it up, in foil to be neater, and eat.

**BBQ Chicken Sandwich:** This yummy treat can be assembled at lunchtime by a child. Pack a grilled, boneless, skinless chicken breast with some lettuce and tomato in one baggie and a whole wheat bun in another. Add a packet of BBQ sauce and you're ready.

**Soy Much for Sandwiches:** For a change of pace, make soy the center of your child's lunch. There are more and more great tasting soy-based products available such as a meatless hot dog or meatless chicken nuggets. Be aware that some are high in sodium however.

**Balance is key:** Lunches need to include some lean or low-fat protein along with carbohydrates that will keep your body fueled for the afternoon. Use a variety of whole-grain breads, pitas, and wraps. Choose lean fillings like sliced eggs, tuna fish, cheese or lean meats. Jazz up your sandwiches with assorted greens, fresh basil, sprouts, sliced cucumbers, onions, and/or tomatoes.

# Chicken Pita Sandwiches

Families, Food and Fitness - July 22, 2010

## Chicken Pita Sandwiches

Preparation time: 15 minutes

Number of servings: 6

Cups of fruits or vegetables per serving: 0.3

### Ingredients:

2 cups cooked chicken, chopped  
1/2 cup celery, diced  
1/2 cup apple, diced  
1/2 cup grapes, halved  
1/3 cups dried cranberries OR raisins  
1/3 cup plain low-fat yogurt  
pepper, to taste  
6 small green leafy lettuce leaves  
3 (6-inch) whole wheat pita breads, halved

### Directions:

1. In a medium bowl, combine chicken, celery, apple, grapes, dried cranberries, and yogurt. Mix gently.
2. Season with pepper.
3. Place 1 lettuce leaf in each pita half. Fill pita with chicken mixture, dividing evenly.

### Nutrition Information per Serving:

Calories 170  
Total Fat 2.5 g (4% DV)  
Saturated Fat .5 g (3% DV)  
Cholesterol 35 mg (12% DV)  
Sodium 170 mg (7% DV)  
Total Carbohydrate 22 g (7% DV)  
Dietary Fiber 3 g (12% DV)  
Sugars 8 g  
Protein 17 g  
Vitamin A 6%  
Vitamin C 6%  
Calcium 4%  
Iron 6%

From: University of Nebraska Lincoln

Primary Source: National Fruit and Vegetable Program at [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

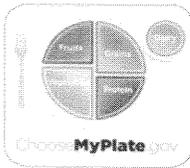
# Eating Out Smart: Sandwiches

Families, Food and Fitness October 28, 2009

Sandwiches are a popular choice at fast food restaurants. Submarines (sub) sandwiches are great choices because they offer a wide variety of meats, vegetables and breads. Beware; some sandwiches have more calories, fat, and sodium than others do. The sandwich is a great food choice, because you can control what goes on it. Follow these tips for a healthy sandwich:

- Use mustard instead of mayonnaise.
- Try red or green peppers, tomato, lettuce, cucumber, sprouts, carrot shreds or onions to spice up the meal.
- Add low fat cheese, such as sliced mozzarella. Cheese is a good source of calcium.
- Choose whole-grain bread, roll, or pita for more fiber.
- Choose turkey, grilled chicken, or roast beef sandwiches instead of burgers or mayonnaise-based meat salad sandwiches, such as tuna salad, chicken salad, or ham salad.
- Ask for a plain baked potato, pretzels, or baked chips with your sandwich instead of regular potato chips or fries.

	<b>Menu 1</b>	<b>Menu 2</b>
ITEMS	<ul style="list-style-type: none"> <li>- Sandwich with turkey, mozzarella cheese, lettuce, tomato, and mustard on whole-wheat bread</li> <li>- Pretzels</li> <li>- Pickle spear</li> <li>- Skim milk (1 cup)</li> </ul>	<ul style="list-style-type: none"> <li>- Chicken salad sandwich on white bread with lettuce and tomato</li> <li>- Potato chips</li> <li>- Pickle spear</li> <li>- Fruit punch (1 cup)</li> </ul>
CALORIES	447 calories	579 calories
FAT	5 grams of fat	26 grams of fat
SODIUM (SALT)	2383 milligrams of sodium	1408 milligrams of sodium



# GRAPE AND CASHEW SALAD SANDWICH

The creamy and tangy goodness of low-fat cottage cheese is the perfect balance to sweet grapes and cashews. Enjoy this salad as a sandwich filling or on a bed of lettuce.

Preparation time: 15 minutes  
Serves: 4

## INGREDIENTS:

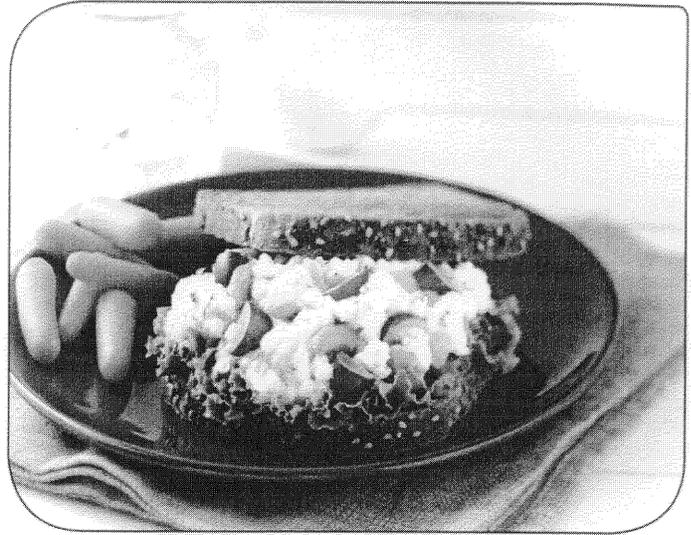
- 1 cup low-fat cottage cheese
- 1½ cups red grapes, quartered
- 1 stalk celery, chopped
- ¾ cup dry roasted cashews, unsalted, coarsely chopped
- Ground black pepper to taste
- 2 tbsp fresh parsley, chopped
- 8 lettuce leaves
- 8 slices whole-grain bread

## DIRECTIONS:

1. In a medium bowl, mix cottage cheese, grapes, celery, cashews, parsley, and ground black pepper.
2. Toast bread and build sandwiches following steps 3 and 4.
3. Spread ¼ salad mix on 4 of the bread slices.
4. Add two lettuce leaves to each sandwich; top with 2nd bread slice.

## Serving Suggestions:

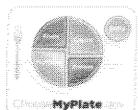
Serve with a side of raw baby carrots (about ½ cup) and 1 cup of sparkling water w/ lemon wedge.

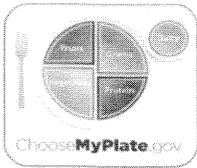


Food Group Amounts	
	¼ cup
	¼ cup
	¼ cup
	2 oz
	2 oz

Nutrition Facts	
Serving Size (251g) Servings Per Container	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 140
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 16g	
<b>Protein 19g</b>	
Vitamin A 80%	Vitamin C 15%
Calcium 15%	Iron 20%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 25g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation





# FIESTA LETTUCE WRAPS AND PEPPER BOATS

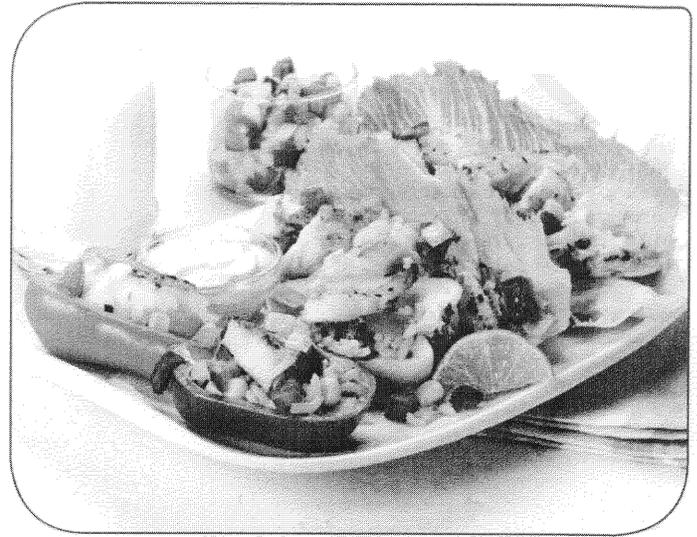
Using bell peppers and lettuce for wraps is a fun way to increase vegetables on the plate. Lettuce leaves and mini peppers are perfect for a build-your-own Southwestern meal or as appetizers.

Preparation time: 45 minutes

Serves: 4

## INGREDIENTS:

- 6 sweet, mini bell peppers
  - 8 lettuce leaves
  - 1 cup instant brown rice, dry
  - 1 lb tilapia filets, fresh or frozen (thawed)
  - 2 tsp Southwest chipotle seasoning, no-sodium
  - 2 tbsp canola oil, divided
  - ¼ tsp salt
  - 2 limes, divided
  - ¼ cup reduced-fat sour cream
- Salsa Fresca**
- ½ cup yellow corn, frozen or canned, no-salt added
  - 1 medium tomato
  - 1 small onion
  - 1 clove garlic, minced
  - 1 jalapeño pepper, minced
  - ¼ tsp salt



## DIRECTIONS:

1. Slice peppers in half vertically. Arrange lettuce and 8 pepper halves on a serving platter.
2. Cook brown rice according to package directions.
3. To make salsa fresca, dice remaining pepper halves, tomato, and onion; mix with corn, garlic, and jalapeño pepper, and ¼ tsp salt.
4. Sprinkle both sides of tilapia filets with Southwest chipotle seasoning.
5. Heat 1½ tbsp canola oil in a large nonstick skillet over medium-high heat. Add fish to pan, and cook for 3 minutes on each side (cook fish until it is opaque, 145 °F). Flake with a fork and place in a serving dish.
6. When rice is done, stir in remaining ½ tsp oil, juice from one lime, and ¼ tsp salt. Cut remaining lime into wedges.
7. To serve, set out pepper-lettuce platter, rice, fish, salsa fresca, sour cream, and lime, and let diners build their own boats and wraps.

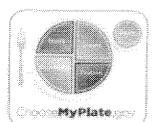
Food Group Amounts	
Dairy	--
Fruits	¼ cup
Vegetables	1¼ cups
Grains	1 oz
Protein	3 oz

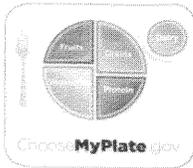
Nutrition Facts	
Serving Size (362g)	
Amount Per Serving	
<b>Calories</b> 350	Calories from Fat 110
<b>%Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 370mg	<b>15%</b>
<b>Total Carbohydrate</b> 34g	<b>11%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 28g	
Vitamin A 60%	Vitamin C 270%
Calcium 6%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

## Serving Suggestions:

Serve with an 8 oz glass of fat-free (skim) milk. Substitute brown rice with another quick cooking grain, such as whole-wheat couscous if desired.

Recipe Submitted by Produce For Better Health Foundation





# SALMON BURGERS AND SWEET POTATO OVEN FRIES

A colorful, casual meal that's surprisingly simple to prepare.

Preparation time: 15 minutes

Serves: 4

## INGREDIENTS:

### Sweet Potato Oven Fries

- 4 large sweet potatoes (yams)
- 1½ tbsp canola oil
- 1 tbsp lemon pepper seasoning blend

- Egg whites from 2 eggs, whisked
- 2 tbsp plain low-fat yogurt
- ¼ tsp ground black pepper
- Cooking spray
- 4 whole-wheat buns
- Bibb lettuce, 8 leaves
- 2 medium tomatoes, sliced

### Salmon Burgers

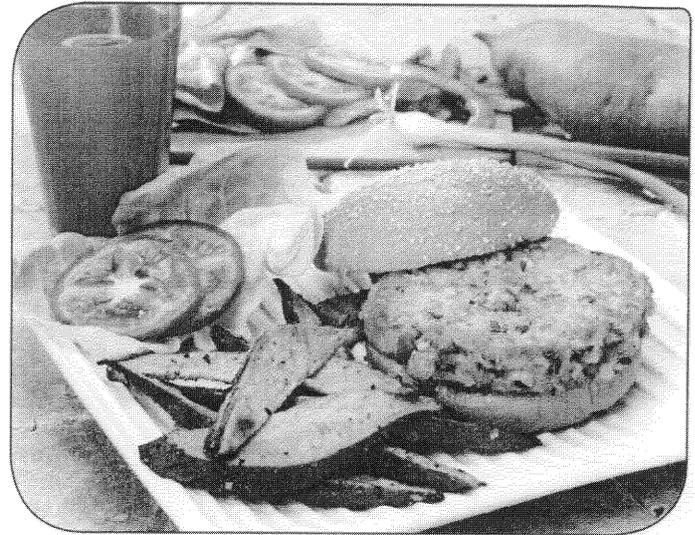
- 1 14.75-ounce can pink or red salmon
- 2 green onions, chopped
- ½ cup chopped red bell pepper
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 tsp lemon juice

## DIRECTIONS:

Place oven rack in center, heat oven to 425 °F. Wash and scrub sweet potatoes, slice into wedges, length-wise. In a large bowl, toss potato wedges with canola oil and seasoning. Spread on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30-40 minutes. While sweet potatoes are roasting, prepare salmon burgers. Drain salmon; place in a medium mixing bowl and flake. Fold in green onions and red pepper, crushed crackers, lemon juice, egg whites and yogurt. Shape into 4 patties. Coat large nonstick skillet lightly with cooking spray; heat. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown. Serve burgers with sliced tomatoes and lettuce, and sweet potato oven fries.

## Serving Suggestions:

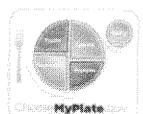
Serve with 8 oz of 100% berry juice blend.

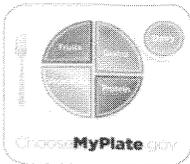


Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	1½ cups
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 436 g	
Amount Per Serving	
<b>Calories</b> 490	Calories from Fat 130
<b>%Daily Value*</b>	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 69g	<b>23%</b>
Dietary Fiber 11g	<b>44%</b>
Sugars 19g	
<b>Protein</b> 25g	
Vitamin A 730%	Vitamin C 120%
Calcium 25%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation





# SHRIMP CONFETTI SALAD SANDWICH WITH GRAPES

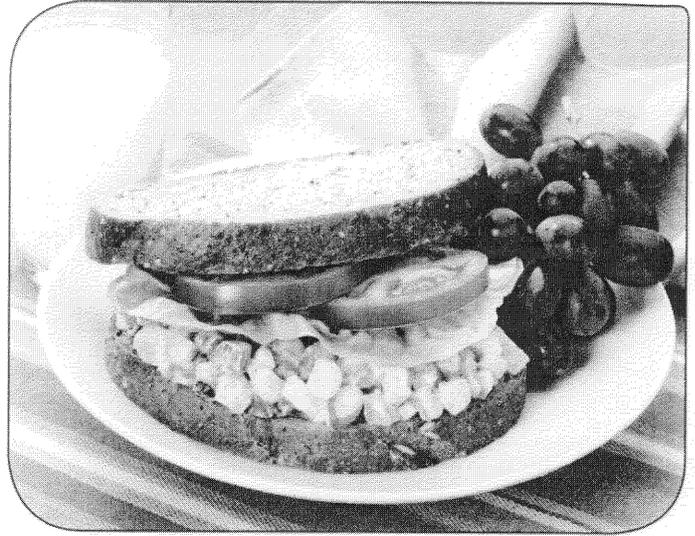
Grapes are a natural balance to this sweet and savory shrimp salad. Enjoy as a sandwich or over lettuce.

**Preparation time:** 15 minutes

**Serves:** 4

## INGREDIENTS:

- ½ lb frozen cooked cocktail shrimp (thawed, peeled, and deveined)
- 1 8-oz can yellow corn kernels, no salt added, drained
- 1 cup canned black beans, no salt added, drained and rinsed
- 1 stalk celery, diced
- 2 tbsp chopped onion
- 2 tbsp reduced-fat mayonnaise
- ½ tsp salt-free Caribbean citrus seasoning
- 8 slices whole-grain bread
- 2 tomatoes, thinly sliced
- 4 leaves Bibb lettuce or other leaf lettuce



## DIRECTIONS:

1. Chop shrimp coarsely.
2. Mix together shrimp salad ingredients (everything except for the bread, tomato slices, and lettuce).
3. Divide salad evenly among 4 slices of bread; spread to edges of bread.
4. Top with tomato slices, lettuce, and second bread slice.

## Serving Suggestions:

Serve with 8 oz glass of non-fat milk and a red grape cluster, about ¾ cup.

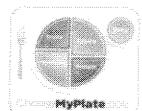
## Tips for selecting and storing grapes:

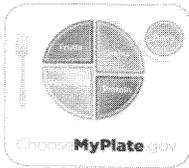
- Grapes are fully ripe when they arrive at the supermarket.
- Look for plump grapes with pliable green stems.
- Keep grapes unwashed and refrigerated in a plastic bag until ready to use, then rinse with cold water and serve, or add to recipes.

Food Group Amounts	
Dairy	--
Fruits	--
Vegetables	¾ cup
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 311 g	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 50
<b>%Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 115mg	<b>38%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 43g	<b>14%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 7g	
Protein 27g	
Vitamin A 20%	Vitamin C 20%
Calcium 15%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation





# TUNA APPLE SALAD SANDWICH

Live up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

Preparation time: 15 minutes

Serves: 4

## INGREDIENTS:

### Tuna Salad

- 1 apple (such as Fuji or Pink Lady Washington)
- 1 12-oz can chunk light tuna, drained
- 2 tbsp low-fat plain yogurt
- 2 tbsp reduced-fat mayonnaise
- ½ cup raisins (or chopped figs)
- ¼ cup chopped walnuts
- ¼ tsp ground black pepper
- 2 tbsp chopped fresh parsley, optional
- ½ tsp curry powder, optional
- 8 leaves lettuce (Bibb, Romaine, green, or red leaf)
- 8 slices whole-grain bread

## DIRECTIONS:

1. Cut apple in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

## Serving Suggestions:

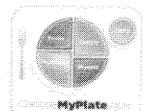
Serve with an 8 oz glass of 100% orange juice.

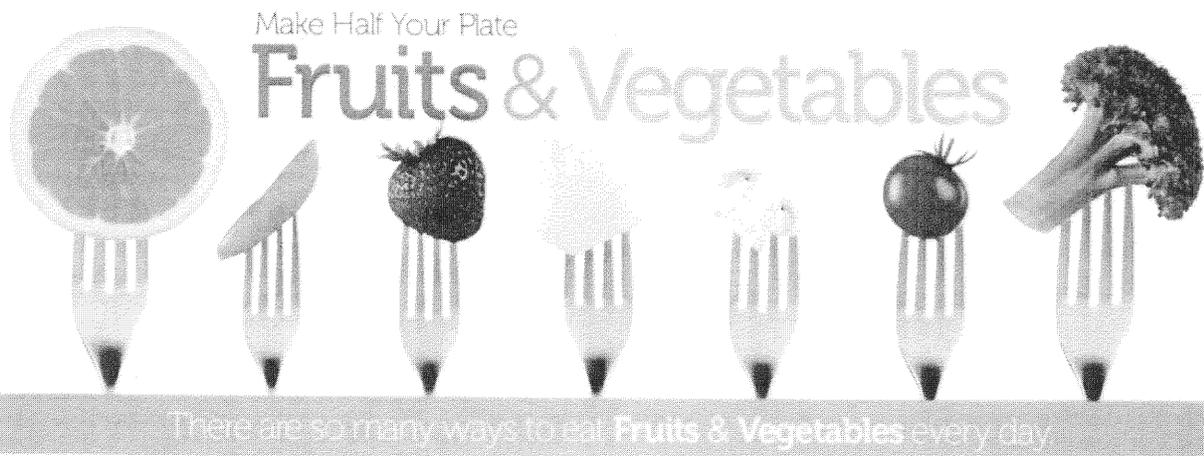


Food Group Amounts	
Dairy	--
Fruits	¼ cup
Vegetables	¼ cup
Grains	2 oz
Protein	3 oz

Nutrition Facts	
Serving Size 227 g	
Amount Per Serving	
<b>Calories</b> 380	Calories from Fat 90
<b>%Daily Value*</b>	
<b>Total Fat</b> 10g	<b>15%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrate</b> 48g	<b>16%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 9g	
<b>Protein</b> 27g	
Vitamin A 10%	Vitamin C 6%
Calcium 10%	Iron 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
Total Fat	Less than 65g 90g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

Recipe Submitted by Produce For Better Health Foundation





## Roasted Fish Crispy Slaw Wrap

by Liberty Middle School, Orlando, FL

A crunchy taste delight! A pleasing combination of colors and textures, Roasted Fish Crispy Slaw Wrap overflows with fresh vegetables, spicy fish, and a burst of citrus – all contained in a whole-grain tortilla.

### Ingredients

makes 6 servings

- 6 portions of tilapia, 4 oz each
- 6 portions of whole-grain tortilla, 6" diameter
- 1½ tsp of Mexican seasoning
- 1½ oz of fresh, sliced avocado
- 6 slices of lime
- 3 oz of chopped Romaine lettuce
- 1¼ oz of olive oil
- 6 oz of shredded carrots
- 6 oz of shredded white cabbage
- 6 oz of shredded red cabbage
- 3 oz of julienned bok choy
- 3 Tbsp of chopped cilantro
- 4 oz of balsamic vinegar dressing



Nutrition Facts	
Serving size: 5 oz	
Amount Per Serving	
Calories	275
From Fat	34%
From Saturated Fat	5.9%
From Sugar	7%
Sodium	590mg

### Preparation

Preheat oven to 375 degrees. Sprinkle Mexican seasoning and olive oil on fish, place on baking sheet with pan liner. Bake for 12 minutes until internal temperature reaches 165 degrees. Lay wrap on paper. Put chopped romaine on wrap. Cut tilapia in half, place on top of Romaine lettuce. Put cabbage slaw on top of fish. Place avocado on top of slaw mixture. Squeeze lime on top of mixture. Roll wrap, cut in half.



### **Mama's Buns**

2 Tablespoons yeast	1 Tablespoon salt
2 cups warm water	1 egg (beaten)
1/3 cup sugar	5 cups flour (approximately)
1/3 cup canola oil	

Mix yeast, warm water and sugar, stir to dissolve yeast and sugar. Add oil, beaten egg, salt and stir. Add flour to form soft dough, knead 10-12 minutes (can use mixer with dough hook for this, but only mix for 4-5 min and then knead some by hand). Let rise until double. Form into rolls and let rise again. Bake at 350 degrees for 20-25 minutes. Makes 18 large buns.

*Recipe from Ann Detwiler, MFV, Her mom Anna Dale's recipe.*

### **Buffalo Chicken Sandwiches**

4-6 boneless/skinless chicken breasts	1 bottle hot chicken wing sauce*
1 stick butter	Shredded cheese
1 package dry ranch dressing	Ranch salad dressing

Put chicken breasts in "lined" crock-pot. Melt butter in 2 cup Pyrex. Stir in hot wing sauce and dry ranch dressing. Pour over chicken breasts. Cook on high for 3 hrs or low for 4-5 hrs. Remove chicken from sauce and shred. Add some of the sauce to the chicken to moisten. Discard remaining sauce. Put shredded chicken on tortillas, buns, bread, or whatever you like, sprinkle with cheese and drizzle with ranch salad dressing.

\*This hot sauce is on the \$1 isle at PC.....near the bread.....Louisiana Supreme X-Hot chicken wing sauce. *Recipe from Ann Detwiler, MFV, Emporia Wrestling Team's recipe.*

### **EZ Pulled Pork**

1 3-4 lb. pork tenderloin  
1/2 bottle BBQ sauce

Put tenderloin in crockpot. Pour BBQ sauce over top. Cook on low for 6-8 hours. Remove tenderloin and pull apart with two forks. Pour sauce from crockpot over meat. Serve on buns.

*Recipe from Ann Detwiler, MFV*

### **Ham and Cheese Wrap**

1 8 inch low fat tortilla	1 lettuce leaf
4 slices deli ham	1 Tablespoon shredded carrots
1 slice Colby jack cheese	Mustard, miracle whip or whipped cream cheese

Spread tortilla with mustard, miracle whip or whipped cream cheese. Layer on ham and cheese. Place lettuce near the edge and sprinkle with carrots.

Roll tortilla starting at edge with lettuce. *Recipe from Ann Detwiler, MFV*

## Vegetarian Lettuce Wraps

2 cups fresh mushroom slices  
2 cups zucchini, halved lengthwise and sliced  
½ cup green pepper slices  
¼ cup yellow pepper slices  
¼ cup red pepper slices

1 cup onion slices  
1 ½ cup bean sprouts  
1-2 Tablespoons olive or canola oil  
24 Fresh Bibb lettuce leaves, washed and dried

### GARNISHES:

1 ½ cups Thai or Asian sauce  
½ cups carrots, grated  
1 cup Pistachio nuts or sliced almonds

### DIRECTIONS:

Heat oil in skillet or wok and add mushrooms, zucchini, peppers and onions. Stir fry until vegetables are just beginning to soften but are still crunchy. Remove from heat and stir in Bean Sprouts.

### SERVING:

Place lettuce leaves on platter and garnishes in small separate bowls.  
Each individual places stir-fried vegetables in center of lettuce leaf, tops with sauce, carrots, and nuts and rolls up to eat.

Makes 6 servings of 4 wraps each.

Nutrition Information: calories-309. Fat-20 gram, carbohydrates-26 grams,protein-7grams.

## Winter Blossom's Often Requested Ham Salad Servings: 12

1 ½ pounds cooked ham, chopped  
¾ cup mayonnaise, or as needed  
1/3 cup dried minced onion

1/3 cup dill pickle relish  
¼ cup brown mustard

1. Process the ham in a food processor until finely chopped but not pasty, about 6 or 7 pulses. You may need to do this in batches. Place the finely chopped ham in a large bowl.

2. Add the mayonnaise, onions, relish, and mustard to the processed ham. Mix well and, if the mixture is too dry, add more mayonnaise. Refrigerate until serving. The dried onions absorb some of the moisture from the mayonnaise and relish so you may need to add more mayonnaise before serving.

Nutrition Information Servings Per Recipe: 12 Calories: 249 Total Fat: 21.8g Cholesterol: 37mgg Sodium: 930mg Total Carbs: 2.2g Dietary Fiber: 0.2g Protein: 11.1g *Printed from Allrecipes.com*

## Shrimp Po'Boys with Spicy Lemon Aioli

Cook 1pound frozen breaded shrimp or popcorn shrimp according to package directions. Combine ½ cup mayonnaise, 2 tablespoons sliced chives, 1 tablespoon lemon juice, 1 large minced garlic clove, ½ teaspoon grated lemon peel and hot sauce to taste in small bowl. Spread over 4 split hoagie bums. Top with tomato slices, shredded lettuce and hot shrimp. 4 sandwiches

## Beef 'n Slaw in Pocket 4 servings, 1 sandwich each

1 cup lean beef, cooked, cut in thin strips  
1 cup coleslaw

1 medium tomato, sliced  
2 (6 inch) whole wheat pita bread

Drain coleslaw. Toss coleslaw with beef strips in a bowl. Cut pita bread in halves. Place one-fourth of filling in each bread half. Top with tomato slices.

Nutrition per serving: Calories 175, Sodium 69 mg, Cholesterol 25 mg, Total fat 6 grams.

**Muffaletta**---a New Orleans favorite. The flavor gets better after setting.

4 ounces bottled chopped olive salad	4 oz Genoa salami, thinly sliced
1(16 oz) large sourdough or Italian round bread	4 oz capocilla or sopressata ham, thinly sliced
6 leaves red or green leaf lettuce	4 oz sharp provolone cheese, thinly sliced
4 oz ham, thinly sliced	1 large ripe tomato, sliced
4 oz mortadella, thinly sliced	3 Tbsp. extra virgin olive oil

Cut bread into halves and remove some of the bread from center to create an indentation for filling. Place olive salad on the bottom half of the bread. Layer lettuce, meats, cheese, and tomato on top. Drizzle olive oil on top half of bread. Close sandwich and press gently. Wrap tightly in foil. Let sandwich sit 4 to 24 hours for flavors to meld. Slice into wedges before serving. Serves 8

**Nutrition**--per serving: 370 calories, 22g fat, 45mg chol, 19g prot, 24g carbs, 1g fiber, 1290mg sodium

### **Roasted Asparagus Sandwich with Tarragon Mayo**

Top 4 slices whole grain bread with grated Parmigiano-Reggiano cheese, place on rimmed baking sheet. Arrange asparagus around bread, brush with extra-virgin olive oil. Broil 1 to 2 minutes or until cheese is melted and bread is lightly toasted, remove bread. Continue broiling asparagus 1 to 2 minutes or until crisp-tender.

Meanwhile, combine 2 tablespoons mayonnaise with 1/4 tablespoon chopped fresh tarragon and 1/2 tablespoon sliced green onion. Spread over un-toasted side of two slices of bread. Top with asparagus, sprinkle with coarse sea salt and pepper. Top with remaining bread, Parmesan side up. 2 sandwiches

### **Skinny Chicken Salad Sandwich**

Steam 1 (9oz) pkg frozen peas according to package directions, cool. Pulse undrained peas, 2 tablespoons nonfat plain Greek yogurt and 1 tablespoon light mayonnaise in food processor until almost smooth.

Toss 2 cups shredded cooked chicken, sliced green onion and sliced radishes with enough Greek yogurt to lightly coat. Sprinkle with 1 tablespoon lemon juice and salt and pepper to taste.

Top 4 pita flatbread with sweet pea spread and chicken salad. 4 sandwiches

### **Pesto Turkey Sandwiches with Strawberry Mustard**

4 Asiago cheese bagels, split	2 Tablespoons pesto
3 Tablespoons seedless strawberry jam	2 teaspoons Dijon mustard
8 oz. sliced oven roasted turkey breast	

Preheat oven to 350°. Place bagels on a baking sheet, cut side up; spread with pesto. Bake 5-8 minutes or until lightly toasted. In a microwave safe bowl, combine jam and mustard. Microwave on high for 15-30 seconds or until jam is melted. Stir to blend. Spread over bagel and top with turkey. Replace tops. Serves 4. **Nutritional Analysis** Per serving: 489 calories, 11 g fat (4g sat. fat) 32 mg cholesterol, 1260 mg sodium, 72 g. carbs, 2 g. fiber, 28 g protein

## Pizza Sliders

1 cup Tomato sauce	1 teaspoon Italian seasoning
¾ lb. ground beef	2 Tablespoons minced onion
8 slider buns	¼ cup shredded mozzarella
8 slices pepperoni	8 basil leaves

In pot, simmer tomato sauce with ½ tsp. Italian seasoning. In bowl, combine beef, onion and remaining seasoning. Season with salt and pepper; form into 8 patties. In skillet, cook patties over medium until browned, 3 minutes per side. Top slider bottoms with tomato sauce, a patty, cheese and pepperoni, broil to melt cheese. Add basil and slider tops. Makes 8.

Nutritional Analysis per serving: 240 calories, 23 g carbs, 13 g fat, 15 g protein, 423 mg sodium, 4 g sugar. *Recipe from Rachel Ray magazine*

## Brunch Egg Burritos

2 cups Refrigerated shredded hash brown potatoes	¼ teaspoon Pepper
3 Tablespoons Butter, divided	4 to 6 drops Louisiana-style hot sauce
6 Eggs	12 slices ready-to-serve fully cooked bacon, crumbled
½ cup milk	2 cups (8 oz) shredded Monterey Jack cheese
1 Can (4 oz) Chopped green chilies	1 cup Salsa
¼ teaspoon Salt	4 10 inch Flour tortillas, warmed
¼ teaspoon Salt-free garlic seasoning	

In a large skillet, cook potatoes in 2 Tbs butter for 6 – 7 minutes or until golden brown, stirring occasionally. In a small bowl, whisk eggs, milk, chilies, seasonings and hot sauce. In another large skillet, heat remaining butter until hot. Add egg mixture; cook and stir over medium heat until eggs are completely set. Layer 1/3 cup potatoes, ½ cup egg mixture, ¼ cup bacon, ½ cup cheese and ¼ cup salsa off center on each tortilla. Fold sides and ends over filling and roll up. Serve immediately. Yield 4 servings.

*Quick Cooking 2009 Annual Recipes*

## Nutty Waffle Sandwiches

8 Frozen multigrain waffles	1 cup sliced fresh strawberries
½ cup Nutella	½ cup peanut butter
2 Medium bananas, sliced	

Toast waffles according to package directions. Spread four waffles with Nutella. Layer with bananas and strawberries. Spread remaining waffles with peanut butter; place over top.

*Quick Cooking 2013 Annual Recipes*

## PBJ-Stuffed French Toast Yield: 2 servings

2 Tablespoons Cream cheese, softened	2 Tablespoons Red raspberry preserves
2 Tablespoons Creamy peanut butter	2 eggs, lightly beaten
4 Slices Italian bread (¾ inch) thick	1 Tablespoon Evaporated milk
Maple pancake syrup, optional	

In a small bowl, combine cream cheese and peanut butter. Spread on 2 slices of bread; top with preserves and remaining bread. In a shallow bowl, whisk eggs and milk. Dip both sides of sandwiches into egg mixture. In a greased large nonstick skillet, toast sandwiches for 2 – 3 minutes on each side or until golden brown. Serve with syrup if desired. *Recipe from Quick Cooking 2010 Annual Recipes*

## Cuban Breakfast Sandwiches

1 Loaf Cuban or French bread  
4 Eggs  
16 Pieces thinly sliced hard salami  
8 Slices deli ham  
8 Slices Swiss cheese

Split bread in half lengthwise. Cut in four pieces. Fry eggs in large non-stick skillet coated with cooking spray until yolks are set.

Layer bread bottoms with salami, Cook on a Panini maker or indoor grill for 2 minutes or until cheese is melted.

*Recipe from Quick Cooking 2014 Annual Recipes*

## Asian Lettuce Wraps

16 Boston or butter lettuce leaves  
1 pound lean ground beef  
1 tablespoon cooking oil  
1 large onion chopped  
¼ cup hoisin sauce  
2 cloves garlic, minced  
1 Tablespoon soy sauce  
1 Tablespoon rice wine vinegar  
2 teaspoons grated fresh ginger  
1 dash hot sauce  
1 can (8 oz) water chestnuts, drained and finely chopped  
1 bunch green onions, chopped  
2 teaspoons dark sesame oil

Rinse lettuce leaves and pat dry. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in hot skillet until browned and crumbly, 5-7 minutes. Drain and discard fat, transfer beef to bowl. Cook and stir onion in same skillet until slightly tender, 5 to 10 minutes. Stir hoisin sauce, soy sauce, rice wine vinegar, and hot sauce into onions. Add water chestnuts, green onions, sesame oil and beef into onion mixture and cook about 2 minutes.

Arrange lettuce leaves around edge of large serving platter and pile meat mixture in center.

Makes 4 servings -4 wraps per serving. **NUTRITION:PER SERVING**-Calories 388,Sodium 580mg., Fat-22 grams, Carbohydrates-24, Protein-23 grams.

## Black Bean and Cheese Lettuce Wraps

1 (15 ounce )can black beans, rinsed and drained  
½ cup cooked brown rice  
½ cup crumbled low fat feta or goat cheese  
¼ cup chopped chives or green onions  
1/3 cup fat-free Italian salad dressing  
12 large leaves Boston lettuce

Combine rice, salad dressing and cheese. Place in shallow bowl. Place beans and chives in separate shallow bowls. Each individual creates own lettuce wrap by choosing from choices.

Makes 12 wraps-2 per serving.

**NUTRITION INFORMATION PER SERVING:** calories -123, fat-26 grams, carbohydrate-18 grams, sodium-717 mg, protein-9 grams

### **Cucumber Sandwiches** for a crowd: Submitted by Cheryl Sigel

1 (8 ounce) package whipped cream cheese  
1 (.7 ounce) package dry Italian-style salad dressing mix  
1 (1 pound) loaf cocktail rye bread  
1 cucumber, thinly sliced

In a small bowl, mix whipped cream cheese and dry Italian-style dressing mix. Spread equal portions of the mixture on slices of the cocktail rye bread. Top each with a slice of cucumber.

### **Chocolate Pudding Graham Crackers, Frozen**

¾ cup dry milk  
1 ½ cup water  
1 ½ cups peanut butter  
1 package instant chocolate pudding  
1 pound graham crackers (Break long cracker into half, so you have two square pieces)  
(May take additional graham crackers)  
Mix milk powder and water. Add peanut butter, beat well until well mixed.  
Add pudding, stir until smooth.  
Spoon 1 ½ - 2 Tablespoons mixture on to graham cracker.  
Freeze in an airtight container.

*Recipe from Cwen Sims, MFV*

### **Picnic Beans**

2 slices (1 ounce each) Canadian bacon, chopped	2 (8 oz) cans no-salt added tomato sauce
2/3 cup chopped onion	¼ cup cider vinegar
1 (16 ounce) can black beans, rinsed and drained	3 Tablespoons molasses
1 (16 ounce) can light red beans, rinsed and drained	¼ cup brown sugar
1 (16 ounce) can pinto beans, rinsed and drained	1 teaspoon chili powder
1 (16 ounce) can Great Northern beans, rinsed and drained	

Place Canadian bacon and onion in a nonstick skillet. Cook over medium-low heat, stirring frequently, until onions are tender and edges of bacon are lightly browned.

Place beans in mixing bowl. Add Canadian bacon-onion mixture. Combine remaining ingredients and pour over beans; stir to blend. Spoon into 2-quart baking dish.

Bake, uncovered, at 350 degrees, 45 to 60 minutes.

Makes 12 servings

Per serving: 185 calories, 1g fat, 34g carbohydrates, 10g protein, 322mg sodium, 8g fiber

*Recipe from The Kansas City Star*