



Grains of truth about **SANDWICHES**

Definition

Two or more slices of bread with a filling, such as meat, cheese, jam or various mixtures placed between them.

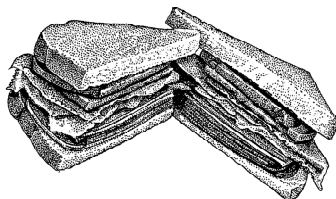
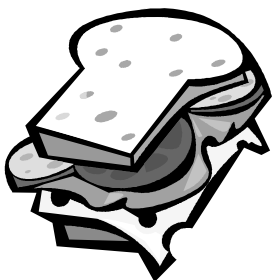
History

In the time of Herod's reign during Passover, Jewish people started the custom of placing a mixture of chopped nuts, apples, spices and wine between two matzos and eating it with bitter herbs. Then in 1762, an Englishman named John Montagu refused to leave the gambling table for a meal and ordered his valet to bring him meat tucked between two pieces of bread. Because Montagu also happened to be the Fourth Earl of Sandwich, others began to order "the same as Sandwich!" Today, billions of sandwiches of unbelievable variety are his legacy.

Availability

Sandwiches are one of the hottest items around, both in and out of the fast food industry. In 1992, an estimation of sandwich sales was \$5.29 billion. Sandwiches are readily available at fast-food restaurants, sandwich shops, up-scale restaurants and even in the deli section of grocery stores. They are also economical and easy to prepare at home.

Sandwiches are convenient and come in an endless variety of forms. Served hot or cold, sandwiches are great at any meal of the day. Options include varying the type of bread—such as a bagel, English muffin, pita, Kaiser roll, bun, sourdough bread, French or Italian bread, pumpernickel, rye, whole wheat or white—as well as the filling varieties too numerous to count.



Storage

Sandwiches can be prepared and stored in the freezer for up to two weeks. If you can afford the fat calories, spreading bread slices with softened margarine prior to filling will help keep the filling from soaking into the bread.

Be sure sandwiches that are to be frozen are well-wrapped in heavy-duty plastic wrap or plastic bags and sealed; in freezer paper (also sealed); or in foil. A sandwich taken from the freezer in the morning will be thawed and just right to eat by noon. Do not freeze fresh vegetables, fruits or other very crisp fillings. They become watery and lose their crispness when thawed.

Nutritional value

Bread is loaded with complex carbohydrates, B-vitamins, iron, fiber and protein. The secret to keeping a sandwich high in nutrition is in the preparation.

Preparation

- ◆ When brown bagging it, prepare sandwiches the night before and refrigerate until packing time. If possible, store in the refrigerator or in a cooler at work or school.
- ◆ Use low- or non-fat mayonnaise or salad dressing.
- ◆ Another low-fat condiment is mustard
- ◆ Use lean hamburger, ham, turkey and chicken breasts. Broil, bake, poach or steam rather than fry or sauté the meat. Trim the fat from meat, and remove the skin from poultry. Meats containing high amounts of fat such as bologna, salami, pepperoni and most hot dogs should be balanced with lower-fat meals.
- ◆ Choose low-fat cheese such as mozzarella.
- ◆ Add lettuce, tomatoes, mushrooms, sliced fruits and vegetables or sprouts for added texture and nutrition.
- ◆ Croissants and biscuits have high fat contents, so enjoy them only occasionally for sandwiches.
- ◆ Use reduced-fat peanut butter

Recipes

CHICKEN PISTACHIO SANDWICH

- 2 slices white, whole-wheat bread**
- Leaf lettuce**
- 4 very thin slices skinless roast chicken**
- 1 slice of fat-free Swiss cheese**
- 2 tablespoons low-fat plain yogurt or light sour cream**
- 2 to 3 tablespoons chopped, blanched pistachio nuts**

Cover bottom slices of bread with lettuce leaf; add chicken slices and cheese. Spread yogurt or sour cream over cheese; add pistachio nuts. Top with second bread slice. Makes one sandwich.

Nutrient Analysis: One sandwich provides approximately: 345 calories, 24 g protein, 39 g carbohydrates, 3 g dietary fiber, 11 g fat (2 g saturated), 27 mg cholesterol, 74 mcg folate, 3 mg iron, 190 mg calcium, 364 mg potassium and 845 mg sodium.

ITALIAN SLOPPY JOES

- 1 pound extra-lean ground beef***
- 1 teaspoon olive oil**
- 1 small onion, chopped (1/2 cup)**
- 1/2 medium green pepper, chopped (1/2 cup)**
- 1 28-ounce bottle spaghetti sauce**
- 6 hamburger buns**

**Can substitute 1 pound of ground turkey or pork.*

Brown and drain ground beef. Using a large skillet or medium saucepan, add olive oil and heat on medium. Sauté the onion and green pepper, cook until soft, about 5 minutes.

Add the cooked ground beef and sauce. Simmer on a low/medium temperature until heated through, stirring occasionally.

Split buns in half and brown in the toaster. Ladle sauce on top of each half and serve. Makes 6 sandwiches.

Nutrient Analysis: One serving (sandwich) provides approximately: 352 calories, 21 g protein, 39 g carbohydrates, 5 g dietary fiber, 12 g fat (4 g saturated), 33 mg cholesterol, 12 mcg folate, 3 mg iron, 88 mg calcium, 279 mg potassium and 810 mg sodium.

Revised 2009

TURKEY ISLAND SANDWICHES

- 8 slices thick-sliced whole-wheat bread**
- Reduced calorie Thousand Island salad dressing**
- 1 medium red onion, thinly sliced**
- 4 ounces fresh mushrooms, sliced**
- Leaf lettuce**
- 12 ounces shaved, smoked turkey**

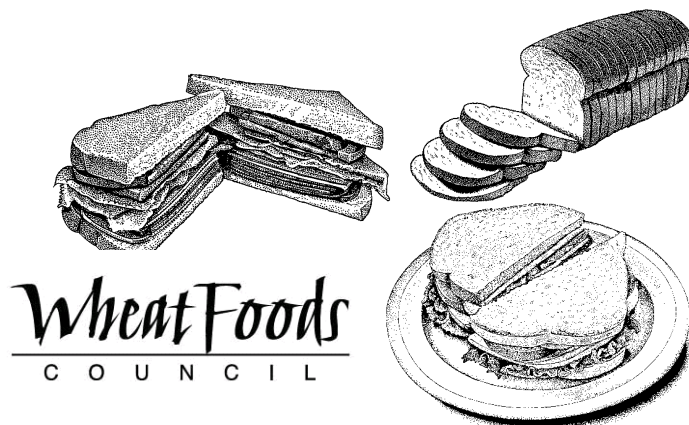
Toast bread; spread four slices with salad dressing. Spray a skillet with non-stick cooking spray; add onion and cook until onion is transparent. Add mushrooms; cook just until tender.

Layer the four slices of bread with lettuce, turkey, onion and mushrooms. Top with remaining bread. Slice each sandwich in half. Makes 4 sandwiches.

Nutrient Analysis: One sandwich provides approximately: 272 calories, 22 g protein, 35 g carbohydrates, 5 g dietary fiber, 6 g fat (1 g saturated), 36 mg cholesterol, 40 mcg folate, 3 mg iron, 62 mg calcium, 463 mg potassium and 1,367 mg sodium.

Tip for today, tomorrow and forever:

For families on a budget, sandwiches are the perfect way to get the most of every food dollar. Sandwiches can be made from leftovers and provide lunch or dinner the next day. Almost any kind of sandwich made with bread, bagels or English muffins can be considered a healthy option for a low-cost and nutritious meal.



Wheat Foods
C O U N C I L

10841 S. Crossroads Drive, Suite 105
Parker, Colorado 80134
(303) 840-8787/Fax: (303) 840-6877
E-mail: wfc@wheatfoods.org
URL: www.wheatfoods.org