

AN ARRAY OF CREATIVE SANDWICHES

Ever since the Earl of Sandwich reputedly invented a dish which could be eaten without sitting down to a full meal, countless combinations have been "sandwiched" between two slices of bread. Today the term sandwich can apply to anything which contains bread and filling, or in the case of open-faced sandwiches, a topping. Having entered French culinary terminology, the sandwich has become familiar in many European countries. But probably nowhere is the sandwich as commonplace as here in the United States. It has been glorified with innumerable spreads, sauces, fillings, and toppings. Whether it's baked, chilled, toasted, or grilled, the sandwich is an unquestionable favorite.

This array of sandwich recipes ranges from simple to elegant. The common element is one ingredient — salad dressing. And since sandwiches are popular take-alongs, some of these recipes were made especially for toting.

For example, BLT Salad Sandwiches combine all the popular ingredients of a traditional bacon, lettuce and tomato sandwich, but in this salad form, it's neater to eat and easier to tote. A sure hit with the kids is Bologna Apple Wrap, which combines chopped apples, raisins, peanuts, and salad dressing. Each sandwich begins with a frankfurter bun spread with salad dressing, lined with lettuce and a slice of bologna. Spoon in the apple mixture, fold over the bologna, and secure with a toothpick for a neat treat for school lunches. And sandwiches go sophisticated with this recipe for Deluxe Turkey Croissants.

A split croissant, rather than bread, is the base for this classy combination of lettuce, tomato, Swiss cheese, turkey, and artichoke hearts. The savory duo of salad dressing and mustard provides a tangy flavor, while the delicate croissant and turkey are complemented by the nutty taste of Swiss cheese. A sandwich recipe made for hearty appetites is Meat and Potato Carryout. Cooked, sliced potatoes are tossed with a mixture of salad dressing and horseradish sauce. Rye bread slices hold the filling of roast beef or pastrami slices, red onion rings, and the potato mixture.

The display of distinctive at-home ideas includes Mexican Salad Tortillas. The "cups" are made easily by frying the tortillas in deep oil, pressed down with a ladle. Salad dressing accents the filling ingredients of chopped cooked chicken, ripe olive slices, and chopped avocado and pimiento, for a delightful combination of textures and flavors.

No meal or variety of bread has been forgotten, as evidenced by the recipes for Grilled Brunch Sandwiches and Vegetarian Filled Loaves. Eggs, ham, cheddar cheese, and salad dressing come together for the brunch sandwich filling. Instead of butter or margarine, the whole wheat bread is spread with Miracle Whip salad dressing on the outside before grilling to a golden brown. The last offering uses individual French bread loaves, scooped out, to hold a mixture of marinated vegetables and cheese.

These creations begin to show the endless possibilities for unique and delicious sandwiches. Whether at home or on the go, the Earl of Sandwich had the right idea for convenience and good eating.



BLT SALAD SANDWICH

- 8 crisply cooked bacon slices, crumbled
- 2 cups shredded iceberg lettuce
- 1 cup chopped tomato
- 1 cup salad dressing
- 12 whole-wheat bread slices
- 6 American singles
- 1 cup pasteurized process cheese food

Combine bacon, lettuce, tomato and 1/2 cup salad dressing; mix lightly. For each sandwich, spread one bread slice with salad dressing; top with cheese food, bacon mixture and second slice of bread. 6 sandwiches

BOLOGNA APPLE WRAP

- 1 cup chopped apple
- 1/2 cup raisins
- 1/2 cup chopped peanuts
- 1 cup salad dressing
- 6 frankfurter buns, split
- 6 lettuce
- 6 bologna slices

Combine apple, raisins, peanuts and 1/2 cup salad dressing; mix lightly. For each sandwich, spread bun with salad dressing; fill with lettuce, bologna and apple mixture. Fold edges of bologna over apple mixture; secure with wooden pick. 6 sandwiches

DELUXE TURKEY CROISSANT

- 1/3 cup salad dressing
- 1 tablespoon prepared mustard
- 4 croissants, split
- 1 cup lettuce
- Tomato slices
- 1 cup natural Swiss cheese slices
- 1 cup cooked turkey slices
- 1 cup artichoke heart slices

Combine salad dressing and mustard; mix lightly. For each sandwich, spread croissant with salad dressing mixture; fill with lettuce, tomato, cheese, turkey and artichoke hearts. 4 sandwiches

MEAT AND POTATO CARRYOUT

(Not pictured)

- 1 cup salad dressing
- 1 tablespoon horseradish sauce
- 3 cups cooked potato slices
- 12 rye bread slices
- 1 cup roast beef or pastrami slices
- 1 cup red onion rings

Combine 1/2 cup salad dressing, horseradish sauce and potatoes; toss lightly. For each sandwich, spread one bread slice with potato mixture and one with salad dressing; fill with meat and onion. 6 sandwiches

MEXICAN SALAD TORTILLAS

- 8 tortillas
- Oil
- 3 cups chopped cooked chicken
- 1 cup pitted ripe olive slices
- 1 avocado, peeled, chopped
- 1/2 cup salad dressing
- 2 tablespoons chopped pimiento
- 1/2 teaspoon salt
- 1/2 teaspoon chili powder
- 2 cups shredded iceberg lettuce

For each tortilla, press into deep oil at 375° with ladle until submerged. Fry 2 to 3 minutes until light brown. Drain on absorbent paper. Combine chicken, olives, avocado, salad dressing, pimiento and seasonings; toss lightly. For each tortilla, fill with lettuce and chicken mixture. 6 servings

GRILLED BRUNCH SANDWICHES

- 6 hard-cooked eggs, chopped
- 1 cup ham cubes
- 1 cup (4 oz.) shredded sharp natural cheddar cheese
- 12 whole-wheat bread slices
- 1 cup salad dressing
- Dash of pepper

Combine eggs, ham, cheese, 1/2 cup salad dressing and pepper; mix lightly. For each sandwich, fill two bread slices with egg salad. Spread outside of sandwich with salad dressing; grill over low heat until lightly browned on both sides. 6 sandwiches

VEGETARIAN FILLED LOAVES

- 1/2 cup French dressing
- 1/2 teaspoon oregano leaves
- 1 cup thin carrot slices
- 1 cup celery slices
- 1 4-oz. can mushrooms, drained
- 1 cup tomato wedges
- 1/2 cup salad dressing
- 6 individual French bread loaves
- 1 cup (4 oz.) shredded brand natural brick cheese

Combine dressing and oregano. Pour over combined carrot, celery, mushrooms and tomato. Cover; marinate in refrigerator several hours or overnight. Drain; reserving marinade. Combine salad dressing and 1/4 cup reserved marinade; mix well. For each sandwich, cut out a rectangle from top of bread; scoop out center leaving 1-inch shell. Spread inside of shell with salad dressing mixture. Fill with vegetables. Top with cheese; broil until melted. 6 sandwiches

