

Summer is a season long celebration filled with plenty of outdoor fun and fare. To keep active summer appetites satisfied, Americans traditionally turn to easy-to-make, take-along foods, such as hearty sandwiches and energy-packed snacks. Whether you choose to picnic in the park or stay in the backyard, these All American favorite foods will draw raves.

Sandwiches can be special, delicious and convenient when creativity is combined with fixings from the deli. Fill pita bread pockets with tasty marinated roast beef, vegetables and Swiss cheese, then top with a creamy dressing for Zesty Beef Sandwiches. With a few simple preparations, they are a snap to put together at the picnic table.

Deli Rounder is a great portable sandwich that is prepared in advance and chilled. Hollow out a round loaf of your favorite bread, and layer in cheese, turkey, ham and cole slaw. Or let your imagination and your family's favorite tastes be your guide. What looks like an ordinary loaf of bread turns into the hero of the day when sliced.

Bean Salad Supreme gives a new twist to traditional three bean salad with crispy zucchini slices and a hint of basil. The appeal of this perfect make-ahead salad lies in its wonderfully sweet and tangy flavor.

Plenty of snacks will help keep the activities going. Rocky Road Brownie Bars are based on a favorite flavor combination of chocolate, nuts and marshmallows. These moist, chewy, homemade brownies come alive with "M&M's" Chocolate Candies, raisins, nuts and marshmallows.

"GORP" Bars bring a new dimension to the popular trail mix. Pretzels, raisins, banana chips and peanut milk chocolate candies become energy-packed bars when combined with a peanut butter-marshmallow mixture. These easy, no-bake bars are the perfect portable — pack a few for a solo outing, or bring a handful for a larger gathering and cut them on the spot.

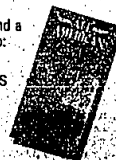
Homemade cookies are on everyone's list of snacking favorites. Del-

ciously crunchy Oatmeal Chippers combine wholesome oats, nutritious wheat germ or sesame seeds and colorful plain milk chocolate candies. They are also easy to pack—that is, if they don't get gobbled up right out of the oven.

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For more All American Favorite Snack recipes, send a stamped self-addressed, business-size envelope to:

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ZESTY BEEF SANDWICHES

- 1/2 lb. cooked roast beef, sliced 1/8-inch thick
- 3/4 cup bottled Italian dressing
- 1/3 cup green onion slices
- 2 tablespoons prepared mustard
- 2 medium-size red or green peppers, cut into strips
- 1/4 lb. Swiss cheese slices, cut into 1/4-inch strips
- 6 Pita pocket breads, cut in half
- Leaf lettuce
- 2 medium-size tomatoes, sliced
- 2 cup mayonnaise
- 1/3 Alfalfa sprouts, if desired

Cut beef into 1/2-inch wide strips. Combine dressing, green onion and mustard in medium-size bowl. Add roast beef and peppers; mix well. Cover; chill several hours or overnight, stirring occasionally. Immediately before serving, drain beef mixture, reserving dressing. Add cheese to drained meat mixture, tossing lightly. Combine mayonnaise with reserved dressing; mix well. Line pita bread halves with lettuce and tomato. Fill pita with meat mixture. Top each sandwich half with mayonnaise mixture and sprouts. Serve immediately. Makes 12 sandwich halves.

BEAN SALAD SUPREME

- 3/4 cup cider vinegar
- 1/4 cup water
- 1/4 cup vegetable oil
- 2 tablespoons sugar
- 1/2 teaspoon basil leaves, crushed
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 medium-size zucchini, sliced
- 1 can (16 oz.) wax beans or chick peas, drained
- 1 can (15 oz.) dark red kidney beans, drained
- 3/4 cup celery slices
- 1/4 cup chopped red onion

Combine vinegar, water, oil, sugar, basil, salt and pepper; mix well. Add zucchini, wax beans, kidney beans, celery and onion; mix well. Cover; chill several hours or overnight, stirring occasionally. Makes 4 to 6 servings.

DELI ROUNDER

- 3/4 lb. creamy coleslaw
- 1/3 cup bottled Thousand Island, creamy Italian or creamy Blue Cheese dressing
- 1 round 8-inch French, Italian, sourdough or rye bread loaf, unsliced (about 1-1/2 lb.)
- Leaf lettuce
- 1/2 lb. cooked turkey, thinly sliced
- 1/4 lb. Cheddar, Muenster or Swiss cheese, sliced

Drain excess liquid from coleslaw; add 2 tablespoons bottled dressing to coleslaw, mixing well. Cut a thin slice from top of bread; spread cut surface with bottled dressing. Hollow out bread, leaving about 1/2-inch thick bread shell. Line bread shell with lettuce; brush with remaining bottled dressing. Place turkey onto bottom; cover with half the coleslaw mixture. Repeat with ham, remaining coleslaw mixture and cheese. Garnish with lettuce; cover with top bread slice. Place 6 to 8 long wooden picks into sandwich to secure. Chill no longer than 5 to 6 hours, as desired. To serve, cut between picks to form 6 to 8 wedge-shaped sandwiches. Makes 6 to 8 servings.

ROCKY ROAD BROWNIE BARS

- 3/4 cup margarine
- 3/4 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 1-1/2 cups flour
- 1/4 cup cocoa powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup "M&M's" Plain Chocolate Candies
- 3/4 cup coarsely chopped nuts
- 1/2 cup raisins
- 2/3 cup miniature marshmallows

Beat together margarine and sugar until light and fluffy; blend in eggs and vanilla. Add combined flour, cocoa, soda and salt; mix well. Stir in 1/2 cup baking mix. Sprinkle with remaining 1/2 cup baking mix. Bake at 350°F. for 18 minutes. Sprinkle marshmallows over partially baked bars; press in lightly. Continue baking about 15 minutes or until edges are golden and HOT (OVERBAKE). Cool thoroughly; cut into bars. Makes one 13 x 9-inch pan.

"GORP" BARS

- 2 cups bite-size crispy corn cereal squares
- 2-1/2 cups thin pretzel sticks, broken in half
- 1-1/2 cups "M&M's" Plain or Peanut Chocolate Candies
- 1 cup banana chips
- 3/4 cup raisins
- 1/2 cup butter or margarine
- 1/3 cup creamy peanut butter
- 5 cups miniature marshmallows

Combine cereal, pretzels, candies, banana chips and raisins in a large bowl; set aside. Melt together butter and peanut butter in 3-qt. saucepan over low heat. Add marshmallows; stir occasionally until marshmallows are melted and smooth. Immediately pour marshmallow mixture over cereal mixture, mixing until thoroughly coated. Press lightly into a greased 13 x 9-inch baking pan. Let stand until firm. Cut into bars to serve. Makes one 13 x 9-inch pan of bars.

VARIATION: Substitute one (10 oz.) bag large marshmallows for 5 cups miniature marshmallows.

OATMEAL CHIPPERS

- 1/4 cup margarine
- 1/4 cup brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 1-1/2 cups flour
- 3/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1-1/3 cups quick oats, uncooked
- 1 cup whole or chopped "M&M's" Plain Chocolate Candies
- 1/2 cup wheat germ or sesame seed

Beat together margarine and sugar until light and fluffy; blend in eggs and vanilla. Gradually add combined flour, soda, cinnamon and salt; mix well. Stir in oats, banana chips and wheat germ. Drop dough by rounded tablespoons onto greased cookie sheet about 3 inches apart. Press a flattened surface into top of each cookie with finger. Bake at 350°F. for 12 to 15 minutes or until edges are golden and slightly browned. Cool on greased cookie sheet 5 minutes; remove to wire rack and cool thoroughly. Makes one 13 x 9-inch pan.