

# Earl of Sandwich wanted meat, bread handy

The Earl of Sandwich invented sandwiches in the 1780s so that he did not have to leave the gaming table to eat. Little did he know that sandwiches would catch on and be served at home, in brown bags, in restaurants for breakfast, lunch and dinner.

The earl should go down in history for being the inventor of the first fast food. Where the earl just put meat between two pieces of bread, we have now elevated the art of sandwich making to a higher form due to health advisories.

Health, diet, weight and nutrition-conscious consumers have taken the traditional sandwich and turned it into a healthy meal to be eaten anytime, anywhere.

Since whole-grain breads provide the body with more minerals and fiber than white breads or buns, start with a good choice for the sandwich



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wrapper. If you're looking for whole-wheat bread, make sure that whole-wheat flour is first in the ingredient list and is the only flour listed. Breads labeled whole wheat must be made from 100 percent whole-wheat flour. Those labeled wheat or cracked wheat usually contain processed white flour, too.

**MOST BAGELS** and pita bread are lower in sodium as well as fat. Pocket breads can hold more filling and more liquid fillings, so what can go into a pita is limitless. For an out-

of-the-ordinary pita sandwich, consider some of these. Chili, with or without the meat; leftover casserole; hash; sautéed vegetables; cottage cheese; curried lentils, and sprouts.

Peanut butter mixed with chopped apples and cinnamon, or sliced bananas served on whole-wheat bread or toast, a bagel or English muffins makes an old favorite stand out.

Processed meats are generally high in saturated fat and cholesterol, besides containing large amounts of sodium. Roast your own chicken or turkey breast (with the skin re-

moved) for sandwiches. It is worth the effort if you are trying to reduce fat, calories and sodium in your diet. Discard all the visible fat from leftover roast beef, ham or pork and cut down on the amount used to sandwich. Water-packed tuna or sardines, drained and mixed with low-fat cottage cheese, onion and green pepper, can add a new dimension to a sandwich.

A tasty low-fat sandwich dressing can be made with plain low-fat yogurt, or blend equal parts of low-fat cottage cheese and buttermilk. Flavor with this herbs and spices, or mustard powder, horseradish, lemon juice, minced garlic or ground ginger.

This dressing is sure to take the dullness out of plain mayo or a plain sandwich. This mixture has only nine calories per tablespoon and only a trace of fat. Regular mayonnaise has

about 57 calories per tablespoon and the low-calorie type has about 19 calories per tablespoon.

**CATSUP** AND prepared mustard are low-calorie, low-fat flavor boosters, about 15 calories per tablespoon, but both are high in sodium. Make a sodium-free mustard by mixing mustard powder with water. Prepared horseradish has half the calories and only one-tenth the sodium of mustard and catsup.

Try the old favorite egg salad sandwich using only the whites mixed with chopped celery and parsley and low-fat yogurt with mixed spices of curry, mustard, garlic or dill. To make this an open-face sandwich, scramble two egg whites and top with sautéed green peppers and onions.

Open-face sandwiches are a good way to economize on calories since

you use only one slice of bread. A tuna melt or a low-fat cottage cheese mixed with low-fat American cheese, warmed and served on whole-wheat English muffins topped with tomatoes and sprouts can add a flair for the hungry.

A ham-and-cheese croissant or a club sandwich of turkey and ham can contain as many as 750 calories. Even a cream-cheese-and-jelly sandwich contains 368 calories. Cream cheese (one ounce) or two tablespoons contains about 100 calories. To weight-conscious people cream cheese can be deadly. Make good choices in sandwich makings. Choose those with the most nutrition possible, low in fat, calories and sodium.

Expand your notion of sandwiches. Try some variations of the old sandwich theme and make these nutrition-packed meals or snacks out of the ordinary.

## Casseroles among the most convenient meals

AP — One-dish dinners save you time on every step, from menu planning to cleanup. Here are some tips

### Cut fat without stinting on flavor

AP — You've heard a lot lately about the importance of reducing the amount of fat you eat. Fortunately, you don't have to sacrifice flavor when you cut fat. This tasty pasta entree contains just three grams of fat and fewer than 300 calories. We trimmed fat by cooking the vegetables in water and using only parmesan cheese, lower in fat than most cheese varieties.

**BAKED PASTA SHELLS**  
12 Jumbo pasta shells (4 ounces)  
1/2 cup chopped onion  
1/2 cup thin green pepper strips  
1 teaspoon instant chicken bouillon granules  
1/2 teaspoon dried thyme, crushed  
1 clove garlic, minced  
3 tablespoons water  
One 16-ounce can tomatoes, cut up  
1/2 of a 6-ounce can tomato paste

**Chicken Filling**  
2 tablespoons grated parmesan cheese

Cook pasta according to package directions; rinse and drain well.

Meanwhile, in a medium saucepan combine onion, pepper, bouillon granules, thyme, garlic and water. Bring to boiling; reduce heat. Cover, simmer 5 minutes or until onion is tender. Stir in undrained tomatoes and tomato paste. Remove from heat. Set aside 1/2 cup tomato mixture for filling.

Spray a 12-by-7 1/2-by-2-inch baking dish with non-stick spray coating. Stuff pasta with Chicken Filling, using about 2 1/2 tablespoons filling per shell. Place filled pasta in dish. Pour remaining tomato mixture on top. Bake, covered, in a 350-degree oven 20-25 minutes or until heated through. Sprinkle parmesan cheese on top. Bake 5 minutes more. Makes 4 servings.

**Chicken Filling:** In a mixing bowl combine 1 1/4 cups diced cooked chicken; one 4-ounce can mushroom stems and pieces, drained; 1/4 teaspoon paprika, and 1/4 teaspoon pepper. Stir in reserved 1/2 cup tomato sauce.

**Nutrition information per serving:** 259 cal., 24 g pro., 33 g carb., 3 g fat, 45 mg chol., 333 mg sodium. U.S. RDA: 37 percent vit. A, 80 percent vit. C, 18 percent thiamine, 45 percent niacin, 28 percent phosphorus.

to make casseroles even easier. Buy ingredients the way you use them.

• **Loose-pack frozen vegetables;** pre-shredded cheese; boneless chicken breasts, or frozen cooked chicken, cubed; precooked sausages; cooked garbanzo, pinto and kidney beans can help save time in the kitchen.

Make use of your microwave:

• **Cook chopped onion, celery and green pepper, covered,** in margarine or water in the microwave.  
• **Cook ground beef in the microwave.** Drain well before combining with other ingredients.

• **Cook pasta and rice on the range-top** while vegetables and sauces cook in the microwave.

• **Try giving your favorite casseroles their final cooking in the microwave.** Cook, covered, on 100 percent power (high) for about one-fourth to one-third of the oven baking time. Check for doneness, turn, and add cooking time two minutes at a time. Add cheese or crumb toppings when the casserole is done. Fitting for a freezer:

• **Use converted rice in casseroles** destined for the freezer. It retains a firm texture even after freezing.

• **Cook pasta for freezer casseroles** just until it's almost tender. Rinse it with cold water to halt the cooking. It will finish cooking when you bake the frozen casserole.

• **Don't settle for a square of foil** over the top of a casserole intended for the freezer. Overwrap completely with heavy-duty foil to keep air and moisture out.

• **To keep your baking dishes free** for cooking, wrap make-ahead recipes this way: Cut a length of heavy-duty foil three times the width or diameter of the dish. Line the dish with the foil. Add the food and cool. Bring the longer sides of the foil to-

gether over the food. Fold down the foil, pressing air out, until the foil is next to the food. Fold down shorter sides. Freeze until firm; then lift out the wrapped food. Label and store in the freezer. When you're ready to reheat, remove the foil and return the frozen food to the original dish.

• **If the recipe includes an acid ingredient** such as a tomato product, wrap the food first in clear plastic wrap, then overwrap with foil. Remove the plastic wrap before baking.

• **Freeze casseroles up to three months.** Label and date each package when you freeze it.

**Ingredient substitutions:**

• **For thickening,** 2 tablespoons flour equals 1 tablespoon cornstarch.

• **1/4 cup tomato paste plus 1 cup water** equals 2 cups tomato sauce.

• **1 tablespoon prepared mustard** equals 1 teaspoon dry mustard.

• **1 teaspoon onion powder** or 1 tablespoon dried minced onion equals 1 small onion.

**Potluck:**

• **To keep a casserole hot** until you reach a potluck dinner, wrap it in foil or a heavy towel and place in a plastic-foam container. Pack the casserole as soon as you take it from the oven.

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