

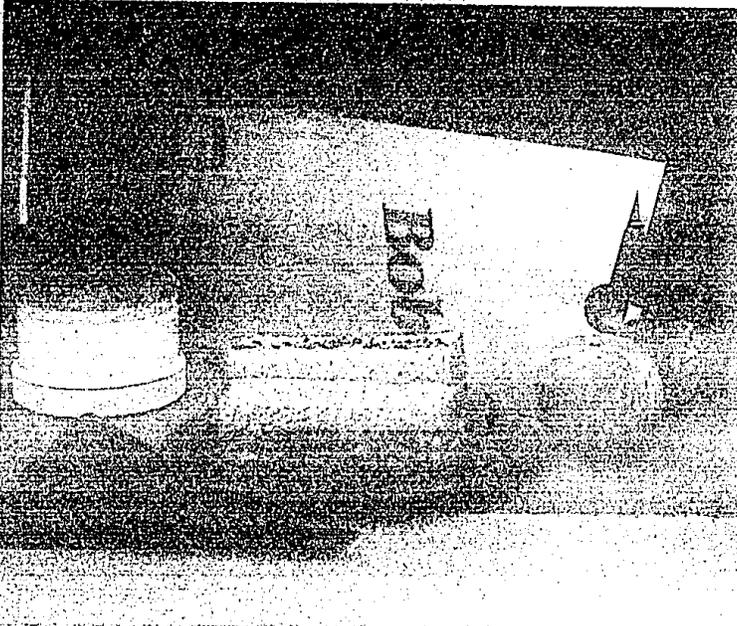
LUNCHES TO GO

When You Know What's Good For You

Everybody's brown bagging nowadays! Kids, construction workers, artists, athletes, mail clerks and CEOs are all packing lunches to go. Brown bagging is the hottest mealtime trend and research figures prove it—more than 240 million lunches packed every week!

Why the upsurge in brown bag lunches? Nutrition, time and money are why—all topics close to every luncher's heart. People pack lunches so they can have just what they want and need, be it hefty and hearty or light and low-calorie. People also pack lunches so they can use the lunch hour for other activities—jogging, shopping, studying, or just relaxing. And people pack lunches to save money. The average brown bagger saves an estimated \$1.80 daily with a home-prepared lunch.

When you know what's good for you, you know that the midday meal should provide a third of the day's nutrients. Sandwiches, the first choice for most lunches, are an easy way to combine nutritious foods in a portable package. They tend to be good for you, especially fruit, which has a high amount of protein. Bread provides important complex carbohydrates, B-vitamins, fiber, iron, phosphorus and calcium. Choose fillings and spreads from the other food groups: fruits, vegetables, dairy products; meat; poultry/fish/eggs/legumes/nuts; and oils, fats and margarines.



Sandwiches can be simple or sophisticated, and anything goes. Try the recipes and suggestions here, or create your own. For easy brown bag sandwiching follow these tips.

Spread multi-grain bread lightly with corn oil margarine or mayonnaise to seal the bread and help keep the filling from soiling in.

Freeze sandwiches ahead to save time in the morning. Bread freezes beautifully and so do fillings such as sliced meats, cheeses, tuna and peanut butter. Tuck a frozen sandwich into a brown bag and it will be thawed by lunch time.

Wrap sandwiches well to preserve freshness and flavor. Use sandwich bags, plastic wrap or waxed paper.

Follow good food handling practices when you're preparing sandwiches, or any other food. Use clean hands, tools and work surfaces and wash between each type of food. Use fresh, clean and properly refrigerated or cooked foods. Start with well-chilled ingredients and try to keep brown bag items as cold as possible.

For a booklet of great sandwich recipes and more brown bagging tips, write to Department BC, the Roman Meal Company, Nutrition and Consumer Services, P.O. Box 11126, Tacoma, WA 98411-0126.

DIETER'S PIZZA SANDWICH

All the great flavor of pizza, but with lots fewer calories. Heat in the microwave at work or pop in a toaster oven to warm.

- 2 slices bread
- 2 teaspoons diet margarine
- 2 tablespoons tomato paste
- 1/4 cup Ricotta cheese
- 2 tablespoons finely chopped green pepper
- 1 tablespoon chopped green onion (optional)
- 1 tablespoon grated Parmesan cheese
- 1 teaspoon minced onion
- 1/4 to 1/2 teaspoon oregano or Italian seasoning
- Dash garlic powder

Spread bread with margarine, then with tomato paste. Spread Ricotta on one slice and sprinkle on all remaining ingredients. Close sandwich. Heat in microwave oven. Microwave paper napkin or plate about 45 seconds at 50% in fat and heat in microwave oven for 10 to 15 minutes or until hot.

Nutritional analysis per sandwich:
 416 calories 25 grams carbohydrate
 14 grams protein 813 milligrams sodium
 23 grams fat 30 milligrams cholesterol

Other nutrients (% USRDA):
 31% Vitamin A 31% Calcium
 111% Ascorbic Acid 18% Iron
 37% Thiamine 80% Phosphorus
 89% Riboflavin 10% Zinc
 19% Niacin 8% Folic Acid

HOLD THE LETTUCE SANDWICH

(Illustrated)

No need for lettuce here—vegetables add the flavor and the crunch. Any vegetable you like—broccoli, green pepper, asparagus, zucchini, mushrooms—or combine two or more vegetables. If you have a food processor or blender, let it do all the chopping and the result will be a smooth spread. (Be careful not to over process or blend!) Hand-chopping produces a crispy filling.

- 1/2 cup chopped fresh vegetable(s)
- 1/4 cup chopped fresh parsley
- 1 ounce Cheddar, Jack or Swiss cheese, shredded
- 1 to 2 tablespoons bottled Italian or French dressing
- 2 slices Bread
- Softened margarine

Combine all ingredients except bread and margarine. Spread bread with margarine. Spread vegetable-cheese mixture on one bread slice and close sandwich with remaining bread slice.

Makes one sandwich.

Nutritional analysis per sandwich:
 416 calories 25 grams carbohydrate
 14 grams protein 813 milligrams sodium
 23 grams fat 30 milligrams cholesterol

Other nutrients (% USRDA):

31% Vitamin A 31% Calcium
 111% Ascorbic Acid 18% Iron
 37% Thiamine 80% Phosphorus
 89% Riboflavin 10% Zinc
 19% Niacin 8% Folic Acid

CHICKEN IN THE GARDEN SANDWICH

A great way to turn dills and dabs of left-overs into a super sandwich spread. Use a blender or food processor (if you have one) for the spread.

- 1/3 cup chopped, cooked chicken
- 2 tablespoons chopped cooked vegetable(s)*
- 2 tablespoons chopped raw vegetable(s)**
- 1 tablespoon softened or whipped cream cheese
- 2 teaspoons wine or herb vinegar
- 1/4 teaspoon sage or poultry seasoning
- 2 slices bread
- Softened margarine

*Possibilities:
 Broccoli
 Green beans
 Green peas
 Cauliflower
 Peas
 Corn

**Possibilities:
 Radishes
 Parsley
 Carrots
 Celery
 Cabbage
 Green pepper
 Scallion

Combine all ingredients except bread and margarine. Spread bread slices with margarine. Spread filling on one bread slice and close sandwich with remaining bread slice.

Makes one sandwich.

Nutritional Analysis per sandwich:
 294 calories 25 grams carbohydrate
 81 grams protein 341 milligrams sodium
 12 grams fat 34 milligrams cholesterol

Other nutrients (% USRDA):

10% Vitamin A 7% Calcium
 25% Ascorbic Acid 15% Iron
 18% Thiamine 23% Phosphorus
 16% Riboflavin 9% Zinc
 40% Niacin 18% Vitamin B6

Peanut Butter—A to Z

When it comes to sandwiches, and to brown bagging, peanut butter is a universal favorite. You probably have your own special combination, but if you're ready for a change, pick one or more of these A to Z suggestions to tuck between multi-grain bread slices.

- Apple slices (dipped in lemon juice), or dried apricot bits
- Banana slices, or bacon crumbles
- Coleslaw (sounds crazy but tastes great), or celery, or carrots, or cranberry sauce
- Dates, pitted and chopped
- Egg salad (also sounds crazy but there are those who love it)
- Fruits, such as peaches, plums, pineapple, or grapes
- Granola or frank
- Honey or ham
- India relish, or chow-chow
- Jelly or jam, or thin slivers of jicama
- Kiwi, a delightful surprise
- Lettuce and...
- Mayonnaise
- Noctarine slices, or nuts
- Onion or orange slices, or orange marmalade
- Pickles or pickle relish, sweet or dill
- Quince jelly or preserves
- Raisins or rhubarb jam
- Strawberries or salad dressing (try creamy cucumber)
- Tuna, or tomatoes, or tofu
- Ugli fruit or anything else unusual
- Vegetables, such as carrots, peppers
- Water chestnuts
- X—the unknown in the peanut butter sandwich formula. Make it what you will.
- Yogurt, plain or with fruit
- Zucchini, thin-slices or shredded