

MOTHER KNOWS BEST: HEALTHY SANDWICHES

Mother knows best, as the saying goes. And that goes for the food you eat, too!

The title, "Mom," carries lots of responsibilities, from bandaging scraped knees, mending hurt feelings and driving the neighborhood car pool, to providing nutritious meals that appeal to all appetites. Not the least of these duties is the planning of healthy lunches—365 days a year, year in and year out.

Mothers of celebrities share these same responsibilities, including the lunch-time challenge. Moms of such famous people as Pat Boone, Scott Baio, Heidi Bohay and Bruce Weitz, took their roles as keepers of the daily lunch seriously. And just look at the results! The success of these stars might just prove the old adage, "You are what you eat." Or, better yet, you are what mom puts on the table!

Savvy moms know that lunch should provide a third of the day's nutrient quota. That means the midday meal should be as well balanced as breakfast or dinner. Sandwiches, the mainstay of most lunches, are an easy way to combine several wholesome foods into one tasty, convenient package. The bread is good for you, especially mixed-grain bread, with its natural, whole grain goodness. Part of the CEREAL/BREAD food group, bread provides generous amounts of important nutrients, including com-

plex carbohydrates, B-vitamins, protein, iron, phosphorus and calcium, as well as dietary fiber.

Choose fillings and spreads from the other major food groups: FRUITS; VEGETABLES; MEAT/POULTRY/FISH/LEGUMES/NUIS; DAIRY PRODUCTS; and OILS/FATS/MARGARINES.

Sandwiches can be plain or fancy, dainty or hearty, toasted or not. It all depends on the creator's imagination. What's more, sandwiches can be put together quickly, either ahead of time or at the last minute. They require few utensils, involve very little mess and they are easily transportable.

The following tips will help make your sandwiches worthy of celebrity status:

Wrap sandwiches securely in plastic wrap, sandwich bags or waxed paper to keep them fresh and moist. If you pack sandwiches in plastic bags, be sure to gently press out all the air before closing the bag.

When combining sandwich filling ingredients, consider looks as well as taste and texture. Chopped radishes or green pepper add a bright note to the filling. Or, alternate deep green romaine leaves with iceberg lettuce.

Sandwiches made with mixed-grain bread freeze

well. Here are some fillings and ingredients that can be frozen: Cooked beef, pork or other meats, chicken, ham or fish; sliced or shredded cheese; peanut butter, nuts and applesauce. DO NOT freeze fresh fruits or vegetables. They become watery and lose their crispness when thawed.

Use fresh, clean and properly refrigerated and cooked foods. Meat, poultry and other protein foods that have been cooked, for example, should be cooked well done, quickly cooled and then refrigerated.

Cut sandwiches with a serrated or electric knife. For variety, cut sandwiches into different shapes (thin strips, triangles or rectangles). Instead of just halves. The healthy sandwiches featured here are from the new recipe packet, *Behind Every Famous Person Is A Healthy Sandwich*. These recipes are favorites of Margaret Boone (mother of Pat Boone), Rose Baio (mother of Scott Baio), Arlene Bohay (mother of Heidi Bohay) and Sybil Rubel (mother of Bruce Weitz) and were popular with their celebrity children. To receive your packet of healthy recipes of celebrity mothers, along with sandwich-making tips and nutrition information, send your name, address and 50 cents for postage and handling to: Roman Meat Company, Dept. Star 1, P.O. Box 11126, Tacoma, WA 98411-0126.

THROUGH THE GARDEN-HEALTH SANDWICH

(Illustrated)

Chock full of garden-fresh raw vegetables, layered with thinly sliced roast beef and packaged between slices of wholesome mixed-grain bread, this sandwich favorite of Margaret Boone makes a healthy—and satisfying—entrée.

- 4 slices Bread
- 4 teaspoons reduced-calorie mayonnaise
- 2 teaspoons Dijon-style mustard
- Fresh spinach leaves
- 4 thin slices (4 oz.) cooked roast beef
- 4 to 6 thin slices sweet onion, optional
- 4 to 6 thin slices tomato
- Alfalfa sprouts

Spread two slices of bread with mayonnaise, the other two with mustard. Layer spinach, roast beef, onion, tomato and sprouts on two bread slices. Close with remaining bread slices. Cut in half to serve. Makes 2 sandwiches.

Nutritional analysis per sandwich:
281 calories
24 grams protein
27 grams carbohydrate
9 grams fat
324 milligrams sodium
40 milligrams cholesterol

Percentage of USRDA:
34% Vitamin A
21% Vitamin B₆
24% Vitamin C
19% Thiamine
25% Riboflavin
29% Niacin
28% Iron
21% Phosphorus
30% Zinc
10% Folic Acid

CREAMY NUT 'N' FRUIT SANDWICH

This sandwich of cream cheese, nuts and golden raisins, embellished with crisp apple slices, is from the recipe files of Rose Baio, mother of Scott Baio.

- 3 tablespoons cream cheese, softened
- 1 tablespoon chopped walnuts
- 1 tablespoon golden raisins
- 6 to 8 thin slices Red Delicious apple
- 1/2 teaspoon lemon juice
- 2 slices Bread

Blend cream cheese, walnuts and raisins. Toss apple slices in lemon juice; drain. Spread cream cheese mixture on both bread slices. Layer apples atop one bread slice. Close with remaining bread slice. Makes 1 sandwich.

Nutritional analysis per sandwich:
381 calories
10 grams protein
41 grams carbohydrate
21 grams fat
333 milligrams sodium
47 milligrams cholesterol

Percentage of USRDA:
13% Vitamin A
16% Thiamine
16% Riboflavin
12% Niacin
17% Iron
20% Phosphorus

TROPICAL CHICKEN SALAD SANDWICHES

Macadamia nuts and crushed pineapple, added to the savory chicken salad filling, put these sandwiches way above the ordinary. This recipe is a favorite of Sybil Rubel, mother of Bruce Weitz.

- 8 slices Bread
- Softened corn oil margarine
- 1 cup finely chopped cooked chicken
- 1/3 cup chopped macadamia nuts or pecans
- 1/2 cup well-drained crushed pineapple
- 2 tablespoons chopped green onions, optional
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1/8 teaspoon salt
- Red leaf lettuce leaves

Spread bread with margarine. Combine remaining ingredients except lettuce. Divide chicken mixture between 4 of the bread slices and spread to edges. Top with lettuce. Close with remaining bread slices. Makes 4 sandwiches.

Nutritional analysis per sandwich:
355 calories
13 grams protein
31 grams carbohydrate
21 grams fat
536 milligrams sodium
25 milligrams cholesterol

Percentage of USRDA:
11% Vitamin B₆
10% Vitamin C
16% Thiamine
13% Riboflavin
22% Niacin
15% Iron
12% Phosphorus

ROMAN MEATBALL SANDWICH

Hearty, spicy and wonderful, this hot meatball hero is an all-time winner from Arlene Bohay, mother of Heidi Bohay.

- 4 slices Bread
- 4 cooked meatballs, cut in half*
- 2/3 cup Italian-style tomato sauce OR prepared spaghetti or marinara sauce
- 2 slices mozzarella cheese
- 2 tablespoons grated Parmesan cheese

Place bread on lightly greased baking sheet. Heat meatballs and sauce together. Distribute meatballs and sauce over two of the bread slices. Top remaining bread slices with mozzarella cheese. Broil until cheese is melted, about 1 to 2 minutes. Sprinkle each with Parmesan cheese. Close sandwiches. Serve immediately. Makes 2 sandwiches. *Tip: Use your favorite meatball recipe; delete the salt.

Nutritional analysis per sandwich:
373 calories
26 grams protein
34 grams carbohydrate
15 grams fat
981 milligrams sodium
76 milligrams cholesterol

Percentage of USRDA:
22% Vitamin A
20% Vitamin B₆
23% Thiamine
26% Riboflavin
31% Niacin
29% Calcium
26% Iron
40% Phosphorus
40% Zinc

