

Heroes stack up sandwiches

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• Mark Aquino, No. 23, forward, Detroit Pistons
Resides in Birmingham
Natural Food
Health Sandwich
Sliced turkey, generous amount freshly roasted
Whole avocado, sliced (not too firm, but not mushy)
Alfalfa sprouts, huge band of sliced tomatoes
American cheese, 2 slices
Whole wheat bread
Mayonnaise
Spread mayo on whole wheat bread. Layer turkey, alfalfa sprouts, avocado, cheese, tomatoes in this exact order. Off season, 2 sandwiches; during the season, just one sandwich!

• John Salley, No. 22, forward, Detroit Pistons
Resides in Northwest Detroit (Palmer Woods)
Grown Man's Peanut Butter & Jelly Sandwich
4 slices whole wheat bread (no particular brand but must be soft, not the grainy type)
peanut butter, smooth (Jif preferred)
grape jelly (Weich's preferred)
Spread peanut butter generously on both sides of bread. Be sure to go all the way to the edges of the bread. Put a layer of grape jelly on one slice of the bread. Slap the slices together and cut on the diagonal. Ingredients make 2 sandwiches. This treat is customarily eaten after Pistons games, mostly around midnight. Cousin Sabrina knows how to make it best!

• Orlando Woolridge, No. 10, forward, Detroit Pistons
Resides in Rochester Hills
Hot Pastrami on Rye
1/2 pound lean pastrami, deli style
2 thick slices of rye bread, thick crusted
American cheese
Stack hot pastrami between 2 slices of rye bread along with sliced American cheese. Grill until nicely browned. Serve with Russian dressing on the side. Just one sandwich is enough!

• Isaiah Thomas, No. 11, guard, Detroit Pistons
Resides in Bloomfield Hills
Pala's Ole Double Cheeseburger
2 thick lean sirloin burgers, broiled well done but still juicy!
Pala's hamburger bun (no seeds)
Grilled onions

Lettuce and tomato
Slice American cheese
Ketchup, mustard, sliced pickles
Put moderate amount of mustard and ketchup on bun and line with pickles. Put on first burger with melted American cheese. Top with grilled onions, lettuce and tomato. Then add 2nd burger. Flip on the top of the bun and chow down. Zeke adds that he can't enjoy this hero sandwich without a plate full of fries and a vanilla shake to wash it all down!

• William Bedford, No. 00, center, Detroit Pistons
Resides in Rochester Hills
Tail Man's Salami Sandwich
(makes 2 sandwiches)
1/2 pound thick sliced spicy salami, deli style
4 slices white bread
Mayonnaise
American cheese
Lettuce and tomato
Spread plenty of mayonnaise on the bread and pile the salami as high as possible according to wife, Pam. Toss on a couple slices of American cheese along with lettuce and tomato and we're ready to enjoy. Minimum of two sandwiches per sitting. (Amount of food does not vary during off season).

• Bill Laimbeer, No. 40, center, Detroit Pistons
Resides in Orchard Lake
Tuna in a Pita Pouch
One whole pita pouch
Solid white tuna
Mayonnaise
Lettuce and tomato
Cut off narrow top from pita bread, and carefully open so not to tear edges, which makes sandwich very messy. (Billy is very neat!) Tuna should be pre-mixed with plenty of mayonnaise and a bit of seasoning. Line inside of pita with lettuce and tomato, then stuff the tuna inside. No cheese! No extras. A simple snack for a very B-I-G fella!

• Brad Seller, No. 2, forward, Detroit Pistons
Resides in Bloomfield Hills
Grilled Chicken Sandwich
One whole grilled chicken breast
2 slices of regular white bread, nothing fancy!
Thick slice of cheddar cheese
Melt cheddar cheese on top of the grilled chicken breast and put between two pieces of white bread. When asked if he preferred mayo, he shrugged his shoulders and said, "It doesn't matter." Extra only one sandwich. His slender frame reflects

moderate eating habits.

• Mark Abdonour, trainer, Detroit Pistons
Resides in Grosse Pointe
Trainer's Special
Hero Sandwich
Several thinly sliced pieces of smoked turkey breast
Slices of smoked ham
American cheese
Mayonnaise
3 slices of whole wheat bread, toasted
Lettuce (no tomato ever please!)
Spread a bit of mayo on each of the three slices of toasted whole wheat bread. Put turkey on one slice, ham on the side. Place lettuce on the side with the ham, and tomato on the turkey side. Now that that's all done, put a slice of American cheese on each side of the third piece of bread. Slap all that in the center and you have constructed the trainer's special hero sandwich.

• Mike Farr, No. 81, wide receiver, Detroit Lions
Resides in West Bloomfield
Double Fat Burger
2 extra lean ground beef patties (1/2 pound each)
1 egg
1 heaping scoop of chili (no beans)
2 slices American cheese
Sesame seed bun
Mayonnaise
Cook patties medium well. Spread mayo on bun and begin to build the sandwich. Fried egg, still slightly runny should go between the burgers along with the cheese and chili. It's a slightly messy sandwich that requires a paper towel rather than a napkin, but it's um... um good according to the Detroit Lions' own Mike Farr.

• Jerry Ball, 93, nose tackle, Detroit Lions
Resides in Rochester Hills
Stuffed Ham & Cheese
1/2 pound of thinly sliced boiled ham, deli style
1 slice of American cheese
2 slices of toasted whole wheat bread
Miracle Whip, lettuce, tomato
Spread Miracle Whip generously on both sides of whole wheat toast. Divide ham evenly and put the cheese in the center with lettuce and tomato. Close it up, cut in half and chow down! Better make two. This guy has a hearty appetite.

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