

WW Offers Low-Cal Sandwiches

Love sandwiches, but watching your weight? Here's the answer for you.

August is traditionally known as National Sandwich Month, so Weight Watchers of Eastern Michigan, Inc. has prepared some unusual and delicious sandwich ideas that are highly nutritious, easy to prepare and ideal menu additions for the whole family's diet.

CHEESE DELISH

4 oz. cooked chicken, minced
1/4 c. canned mushrooms, minced
2 T. mayonnaise
Pinch of thyme
1 t. freshly chopped parsley
1/2 t. Worcestershire
Salt and pepper to taste
2 1-oz. slices American Cheese
2 slices toast
1 dill pickle, sliced
Combine first seven ingredients; mix well. Divide equally and spread evenly on toast. Top each serving with one slice cheese and place under broiler until cheese melts. Garnish with pickle slices. Makes two servings.

GRILLED RUBEN SANDWICH

1 slice whole wheat bread
2 oz. sliced turkey
1/4 c. sauerkraut, drained
1 T. mayonnaise
1 oz. sliced Swiss Cheese
Watercress
1 dill pickle, quartered
Radish rose (optional)
Toast bread lightly. Arrange turkey on toast. Place sauerkraut over turkey; spread with mayonnaise and top with cheese. Place under broiler until sandwich is thoroughly heated and cheese melts. Garnish with watercress, dill pickle and radish rose. Makes one serving.

KON TIKI SANDWICH

8 oz. tuna, drained
2 T. chopped celery
1/2 cucumber, peeled and chopped
1 t. chopped pimento
2 T. mayonnaise
Salt and pepper to taste
4 small slices pineapple, canned in its own juice PLUS 4 Tablespoons juice *
2 slices toast
Parsley sprigs (optional)
Combine first six ingredients; mix well. Divide into two equal portions. Place each portion on toast and spread evenly. Arrange two slices of pineapple on each sandwich. Garnish with parsley. Makes two servings.
* Be sure to consume pineapple juice.

REGENCY CLUB SANDWICH


1 T. mayonnaise
1 t. vinegar
Chives
2 slices white bread
2 oz. sliced turkey
1 oz. Swiss Cheese
1/2 medium tomato, sliced
Lettuce
Mix first three ingredients; spread evenly on bread. Arrange turkey on one slice of bread. Add cheese, tomato and lettuce. Cover with remaining slice of bread. Makes one man's serving.

BARNYARD SANDWICH

2 oz. green onion or scallion, sliced
3 T. diced pimento
4 eggs
Salt and pepper to taste
2 slices of toast
Watercress
Combine all ingredients, except watercress and bread, in a small mixing bowl; beat well. Pour mixture into a heated non-stick pan and cook slowly, stirring until eggs begin to firm. Remove from heat. Divide into two equal portions; place on toast and garnish with watercress. Makes two servings.

MOZZARELLA VEAL BURGER

1 lb. ground veal
1 T. water
1/4 t. salt
1/2 t. basil
1/2 t. oregano
1/2 t. pepper
4 T. tomato juice; reduced to 2 T.
4 1-oz. slices mozzarella cheese
4 slices toast
Combine first seven ingredients. Mix well. Divide into eight equal patties. Place one slice of cheese atop each of four patties. Cover with remaining four, pressing edges together. Place burger on barbecue grill or under broiler 4 inches from source of heat. Broil five minutes on each side. Remove and serve on toast. Makes four servings.



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50 FREE

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