



August is Sandwich Month



What's your favorite sandwich? Some people like hot sandwiches and others prefer cold.

Maybe you enjoy peanut butter and jelly, grilled cheese, a pita stuffed with tuna salad, or a veggie and cheese panini pressed in a grill. The options are endless.

Sandwiches usually consist of bread with fillings, but some people use lettuce as the outer layer.

Save some money by bringing a sandwich to work instead of going out to eat.

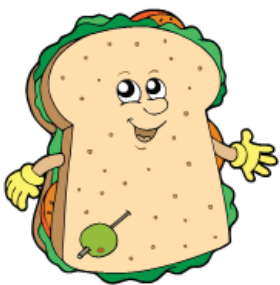
Create a Sandwich

- Begin with a whole-grain base, such as whole-wheat bread, tortillas, pita bread or buns. Whole grains provide fiber, vitamins and minerals.
- Add a spread to your bread if you like. Try some mustard, hummus, guacamole or light mayonnaise. Go easy on the butter or regular mayonnaise because these ingredients add calories without much nutritional value.
- Add your favorite fillings. How about some chicken salad made with leftover grilled chicken? Choose lean proteins and compare the sodium values of deli meats using the Nutrition Facts labels.
- Pile on the veggies and/or fruits. Add some spinach, cucumber and tomato slices, chopped onion or grated carrots. Try sliced bananas on a peanut butter sandwich. Add some dried cranberries to a chicken salad sandwich.
- Want more inspiration? Visit www.ag.ndsu.edu/food and type "7 Steps to Creating a Sandwich" in the search box.

Freeze Some Sandwiches

To save time later, you can freeze sandwiches. However, some popular sandwich ingredients (eggs, jelly, tomatoes, pickles, onions, mayonnaise) do not freeze well. Sandwiches made with peanut butter, cooked meats (chicken, roast beef, turkey), shredded hard cheese (cheddar, Swiss) and canned meats (tuna, salmon) freeze well. Add fresh veggies and toppings right before eating.

- Prepare the sandwiches and place them in zip-top bags.
- Label the bags with the contents and date.
- Freeze the sandwiches in a single layer on a tray.
- Place the individual bags in a larger freezer bag and freeze.
- Thaw the sandwiches in your refrigerator and enjoy!



Did you know?

Sandwiches have been around for centuries. Most people give John Montagu, the fourth Earl of Sandwich, credit for naming our popular menu item in 1765. This busy man wanted an easy way to eat at his desk. By the early 1900s, sliced bread was made available in American bakeries, and this made sandwiches a portable meal.

Source: Linda Stradley; <http://whatscookingamerica.net>

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave. S.W., Washington, DC 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Try this Greek-inspired sandwich with tzatziki sauce. Tzatziki is a refreshing yogurt-based sauce from Greece often served with gyro sandwiches (shaved grilled meat on pita bread) or as a dip.

Greek-style Roasted or Grilled Veggie Sandwich

- 2 small zucchini, sliced
- 2 red or green peppers, sliced
- 8 ounces fresh mushrooms, sliced
- 1 onion, sliced
- 1 Tbsp. olive or canola oil
- 2 Tbsp. balsamic vinegar (optional)
- Salt, pepper (as desired)
- 4 whole-wheat pitas, tortillas or buns
- Lettuce
- Black olives, sliced (optional)
- ½ c. crumbled feta cheese (or your favorite shredded cheese)
- Tzatziki sauce (see recipe) or your favorite salad dressing



1. Preheat oven to 400 F.
2. Rinse and prepare vegetables as noted and place in a bowl. Add oil and vinegar (if desired). Season with salt and pepper and toss well. Place in pan and roast for 20 minutes.

Note: the vegetables can be prepared on a grill, using a grill pan (to avoid loss of vegetables through the grates). Grill until tender.

3. If desired, warm bread in a microwave oven (for about 15 seconds) and stuff with lettuce, veggies, olives, cheese and dressing.
4. If you prefer, you can add slices of grilled chicken to the sandwich when you assemble it.

Makes four servings. Each serving has 210 calories, 9 grams (g) fat, 9 g protein, 28 g carbohydrate, 5 g fiber and 350 milligrams (mg) sodium.

Tzatziki Sauce

- 1 c. plain, nonfat Greek yogurt
- ½ c. diced cucumber
- 1 Tbsp. lemon juice
- 1 garlic clove, minced
- 1 Tbsp. fresh dill, chopped (or 1 tsp. dried dill)



Makes eight servings. Each serving has 20 calories, 0 g fat, 3 g protein, 2 g carbohydrate and 15 mg sodium.

I have lots of lettuce, fresh herbs and zucchini grown in my backyard. I just bought a stand-alone freezer. What freezes well?

Congrats to you on your bumper crop. Unfortunately, lettuce does not freeze or dry very well, so enjoy lots of salads, add it to sandwiches and share it with your friends. Here are ways to preserve the other foods.

Herbs: Place washed herbs in airtight freezer bags and freeze. Alternately, place chopped herbs in sections of an ice cube tray. Cover with water and freeze. Pop the ice cubes into plastic bags labeled with contents and date. Drop a whole cube into a pot of soup or stew to season. Find more information at www.ag.ndsu.edu/food by searching for “Harvesting Herbs for Healthy Eating.”

Zucchini: Wash and grate or slice. Blanch (heat) slices in boiling water for three minutes. Grated zucchini should be steam-blanching in small amounts for about one minute. Cool the heated zucchini in ice water, drain and package in freezer containers. Leave about ½ inch of head space (the distance from the food to the lid) to allow for expansion. The frozen zucchini can be used in baking and cooking. Drain the juice before using.

Tip of the Month

Be cautious about your sources of food preservation information if you search the Internet. Much of the online information has not been tested for safety.

Get free, research-based information about freezing, drying and canning a variety of fruits and vegetables on the NDSU Extension Service website.

Visit www.ag.ndsu.edu/food and click on “Food Preservation” for details.

Just for Fun

What’s in an astronaut’s favorite sandwich?

Launch meat



Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

