

TEXAS BARBEQUE BEEF SANDWICHES

Preparation time: 15 minutes
Cooking time: 2 hours
12 sandwiches

1 1/2 cups ketchup
1 medium (1/2 cup) onion, chopped
1/2 cup firmly packed brown sugar
1/4 cup cider or white vinegar
2 teaspoons chili powder
1 teaspoon finely chopped fresh garlic
2 pounds thinly sliced deli roast beef, cut into strips

12 hamburger buns, split
12 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat American Cheese

Combine all ingredients except beef, hamburger buns and cheese in 4-quart slow cooker; stir in beef. Cover; cook on High heat setting for 2 to 3 hours or until flavors are blended. Reduce heat to Low to keep warm.

To assemble sandwiches, spoon 1/2 cup beef mixture evenly over bottom half of each bun; top each with 1 slice cheese and top half of bun.

Stovetop Directions: Stir together all ingredients except beef, hamburger buns and cheese in 2-quart saucepan. Cook over medium heat, stirring occasionally, until mixture comes to a boil. Reduce heat to low. Stir in beef; cook until heated through (15 to 18 minutes).



DELI-STYLE PHILLY STEAK SANDWICH

Preparation time: 20 minutes
4 sandwiches

1/4 cup LAND O LAKES® Butter
2 cups sliced onions
1 medium (1 cup) green and/or red bell pepper, cut into strips
1/2 pound sliced deli roast beef, cut into strips
4 hoagie or French rolls, split
8 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat American Cheese, cut in half

Heat broiler. Melt butter in 10-inch skillet until sizzling; add onions and pepper strips. Cook over medium heat, stirring occasionally, until onion is softened (8 to 10 minutes). Add beef strips; continue cooking until heated through (4 to 6 minutes).

Meanwhile, place split rolls onto ungreased baking sheet, cut-side up. Broil 2 to 5 inches from heat until light golden brown (1 to 2 minutes).

To assemble sandwiches, place 2 cheese halves on bottom half of each bun. Spoon 1/4 hot meat mixture over cheese. Top with 2 cheese halves and top half of bun. Serve



Nutrition Facts (1 sandwich)
Calories 520, Fat 28g, Cholesterol 90mg, Sodium 1180mg,
Carbohydrate 42g, Dietary Fiber 4g, Protein 29g

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HEALTHY & HEARTY SANDWICHES



TRIMMER RACHEL SANDWICH

Preparation time: 10 minutes
4 sandwiches

1 1/2 cups coleslaw mix
3 tablespoons fat free coleslaw dressing
8 teaspoons stone-ground mustard
8 slices rye or marble rye bread
1/2 pound thinly sliced deli turkey
2 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat Swiss Cheese, cut in half

Combine coleslaw mix and coleslaw dressing in small bowl; set aside. Spread 1 teaspoon mustard onto 1 side of each piece of bread.

To assemble sandwiches, top 4 bread slices, mustard-side up, with 1/4 turkey, 1/3 cup coleslaw mixture, 1 cheese half and 1 bread slice, mustard-side down.

Heat 10-inch skillet or griddle on medium heat. Spray sandwiches with no-stick cooking spray; place sandwiches onto skillet. Grill, turning once, for 4 to 6 minutes or until cheese is melted and bread is toasted.

Nutrition Facts (1 sandwich)
Calories 270, Fat 7g, Cholesterol 35mg, Sodium 1340mg,
Carbohydrate 34g, Dietary Fiber 4g, Protein 19g

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Nutrition Facts (1 sandwich)
Calories 340, Fat 9g, Cholesterol 55mg, Sodium 1190mg,
Carbohydrate 40g, Dietary Fiber 1g, Protein 25g

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TOASTED SWISS & HAM SANDWICH

Preparation time: 20 minutes
Broiling time: 3 minutes
8 sandwiches

1 tablespoon LAND O LAKES® Butter
1 (8-ounce) package (2 cups) sliced fresh mushrooms
8 (3/4-inch thick) Vienna bread slices
1/3 cup honey mustard
1/2 pound thinly sliced deli cooked ham
4 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat Swiss Cheese, cut in half

Melt butter in 10-inch skillet until sizzling; add mushrooms. Cook over medium-high heat, stirring occasionally, until mushrooms are tender (3 to 5 minutes).

Heat broiler. Place bread slices onto ungreased baking sheet. Broil 5 to 6 inches from heat, turning once, until bread is lightly browned (2 to 3 minutes).

To assemble sandwiches, spread each bread slice with 2 teaspoons honey mustard. Divide mushrooms and ham among bread slices; top each with 1/2 slice cheese. Continue broiling until cheese is melted (1 to 2 minutes). Serve immediately.



Nutrition Facts (1 sandwich)

Calories 390, Fat 7g, Cholesterol 25mg, Sodium 960mg,
Carbohydrate 60g, Dietary Fiber 3g, Protein 21g

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OVEN-ROASTED VEGETABLE FOCACCIA SANDWICH

Preparation time: 20 minutes
Baking time: 20 minutes
Broiling time: 1 minute
6 servings

2 medium (3 cups) portabella mushrooms, sliced 1/4 inch
1 medium (1 cup) red bell pepper, cut into 1/4-inch rings
1 small (1 cup) red onion, sliced
1 small (1 cup) yellow summer squash, sliced 1/4 inch
1 small (1 cup) zucchini, sliced 1/4 inch
1/4 teaspoon salt
1/4 teaspoon pepper
1 (9-inch) focaccia bread, cut in half horizontally
1/2 cup fat free Italian vinaigrette dressing
6 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat Swiss Cheese
1/4 cup coarsely chopped fresh basil leaves

Heat oven to 400°F. Spray 15x10x1-inch jelly-roll pan with no-stick cooking spray. Combine all ingredients except bread, cheese, dressing and basil in large bowl; toss lightly to coat. Spread into prepared pan. Bake, stirring occasionally, for 20 to 30 minutes or until vegetables begin to brown.

Heat broiler. To assemble sandwich, spread dressing on cut-sides of focaccia. Layer bottom half of focaccia with roasted vegetables and cheese slices. Broil 4 to 6 inches from heat until cheese is melted (1 to 2 minutes). Sprinkle with basil; cover with top half of focaccia.



Nutrition Facts (1 serving)

Calories 230, Fat 6g, Cholesterol 15mg, Sodium 740mg,
Carbohydrate 35g, Dietary Fiber 3g, Protein 11g

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GRILLED CHICKEN WITH SWISS CHEESE & PINEAPPLE SALSA

Preparation time: 20 minutes
Grilling time: 18 minutes
4 sandwiches

Salsa

1/2 cup finely chopped fresh pineapple, drained
1/4 cup finely chopped green bell pepper
1/4 cup finely chopped red bell pepper
1 tablespoon honey
1 tablespoon fresh lime juice

Chicken

Salt and Pepper

4 (6-ounce) boneless skinless chicken breast halves
2 tablespoons teriyaki marinade
4 (3/4-ounce) slices Alpine Lace® Deli Reduced Fat Swiss Cheese
4 bakery buns or rolls

Combine all salsa ingredients in small bowl. Cover; refrigerate.

Heat gas grill on medium or charcoal grill until coals are ash white. Salt and pepper chicken. Place chicken onto grill. Grill, turning occasionally and brushing with teriyaki sauce during last 5 to 10 minutes, until internal temperature reaches at least 165°F. and juices run clear when pierced with a fork (15 to 20 minutes). Top each chicken breast with 1 slice cheese; let melt slightly (2 to 3 minutes).

Meanwhile, place cut-sides of buns onto grill. Grill until toasted (1 to 2 minutes). Place each chicken breast onto bottom half of toasted bun.

Drain salsa. Top each chicken breast with salsa and top half of bun.



Nutrition Facts (1 sandwich)

Calories 420, Fat 10g, Cholesterol 115mg, Sodium 740mg,
Carbohydrate 31g, Dietary Fiber 2g, Protein 49g

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