The basic steps below may be followed for most sandwich types (see page 2 for directives on choosing the right ingredients):

1. For sandwiches where the filling might soak into the bread, spread a thin layer of soft margarine or butter to the edges of the bread. Do not use melted margarine or butter.

2. Make sandwiches in an “assembly line” fashion, completing one step for all sandwiches before moving on to the next step.

3. Place sandwiches inside zip-top sandwich bags which are labeled with the date and sandwich type. Press out as much air as possible before sealing each bag. Place bags in a single layer onto a flat baking sheet & freeze for about an hour. Then put the sandwich bags inside a larger resealable freezer bag, forcing air out. (The thicker plastic of the large freezer bags will protect the quality of your food during long-term storage.)

4. Use sandwiches in 1-3 months for best quality.

5. Thaw individual sandwiches inside their bags in the refrigerator. Allow a full day for complete thawing.

6. The first time you try freezing a certain sandwich type, make just one. Then check on it in a month to see how you like it before making a large batch.

**Alaska Salmon & Walnut Sandwich** - adapted from Extension.org

4 oz. salmon- water-packed in can or pouch, drained
1/16 t celery seed or powder
1 T fat-free Ranch dressing
1 T fat-free “salad dressing”, like Miracle Whip (see page 2)
1/2 T Dijon-style mustard*
1/2 t Worcestershire sauce
1 t walnuts or pecans, chopped (toasted, if desired)

Instructions:

1. Combine celery seed, Ranch dressing, salad dressing, mustard and Worcestershire sauce in a medium bowl.

2. Carefully fold in salmon until chunks are well coated.

3. Prepare sandwich as noted above to freeze and thaw.

4. Add lettuce leaf and nuts before serving.

*Yellow mustard may be substituted.
Sandwiches: A Quick, Easy, Healthy Meal Option

What day is recognized in the U.S. as National Sandwich Day?

If you’re like me (Editor Renee), you figured it would be right after Thanksgiving Day… using turkey left over from a big holiday feast. And, like me, you’d be wrong.

If you said November 3, you are correct. According to the University of Nebraska-Lincoln Extension, the word “sandwich” reportedly originated with John Montagu, 4th Earl of Sandwich. The Earl supposedly ate bits of meat between pieces of bread so he could continue to play cards while eating and not get his hands greasy from the meat. (Here’s another trivia question: April is the nationally recognized month for this sandwich. Which sandwich? Grilled cheese! Who knew?!?)

The Earl was on to something… sandwiches are a great way to make a quick meal—they can be eaten hot or cold, and the varieties are endless. To ensure you’re eating a healthy sandwich, keep these tips in mind:

- **Bread**: try to choose a whole-grain variety of bread, pitas, tortillas, bagels, etc. When looking for whole-wheat bread, for example, be sure the word “whole” is the first word on the ingredient list.
- **Protein or Main Ingredient**: look for low-fat or lean meats and poultry. You can choose lean, packaged meats, or use leftover poultry, fish, or beef. Change things up with egg salad, low-fat cheese, peanut butter, or other options (like soy burgers or tofu).
- **Adding Extras**: lettuce, tomatoes, onions, and pickles are common, but you can give your creation a little crunch or extra flavor by adding your favorite vegetables or fruit.

Sandwich fillings that **DO** freeze well:

- Peanut butter & other nut butters
- Canned tuna and salmon
- Cooked roast beef, chicken, and turkey (especially when chopped finely and mixed with a “salad dressing”, such as Miracle Whip, to add flavor and moistness)
- Natural or processed hard and semi-hard cheeses, such as Swiss, Cheddar. (Cheese may crumble some after thawing; you may prefer to grate it before freezing.)

Sandwich fillings that **DO NOT** freeze well:

- Hard cooked egg whites (become tough)
- Jelly or jam (soaks into bread and makes it soggy)
- Tomatoes, lettuce, pickles, onions and other vegetables become limp when thawed. (Better to add to sandwiches just before eating.)
- Mayonnaise (it tends to separate on thawing)

- **Spreads**: a careful choice here can help to keep your sandwich healthy. The National Institutes of Health recommend using a soft margarine (tub or liquid) that is trans fat-free. No matter what kind of spread you use, try to limit the amount.
- **Balance it off**: to get the best nutrition from your meal, include foods on the side, such as fruit, veggies and a bean dip—like hummus, a cup of vegetable soup, a glass of low-fat milk, or a cup of low-fat yogurt. Sides are especially important if you eat only a half sandwich due to a small appetite.

**Which Sandwich Fillings Stand Up to Freezing?**

Freezing sandwiches is a great idea… it helps you to plan ahead for those “low energy” days when you don’t feel like cooking.