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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Sandwich Rolls

By News Canada

Sandwich Rolls

by: **News Canada**

2 3/4 cups (675 ml) Five Roses All Purpose White Flour or Never Bleached, or with Wheat Bran

1 tbsp (15 ml) sugar

1 tsp (5 ml) salt

1 tbsp (15 ml) Instant yeast

1 cup (250 ml) water

1 tbsp (15 ml) olive oil

1 beaten egg

Reserve 1/2 cup (125 ml) flour. Mix remaining flour, sugar, salt and yeast in a bowl. Heat water with oil until warm to touch (50°C/125°F). Stir warm liquid into dry ingredients. Mix enough reserved flour to make soft dough that does not stick to bowl. Turn out onto floured surface; knead until smooth and elastic about 8 min. Cover; let rest 10 min. Divide dough into 10 or 12 equal portions. Shape each portion into small elongated loaves. Place in tight rows onto greased baking sheet. Cover; let rise in warm draft-free place until doubled in size about 30 min. Brush with beaten egg. Bake at 190°C (375°F) for 15 to 20 min.

For "free" recipes call Five Roses at 1-800-561-3455 or visit

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Sandwich Rolls

– News Canada

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Cool Weather Sandwiches

By Arleen M. Kaptur

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Fall lunch menus herald a heartier fare, especially with the "lunch bag" lunches returning in full force. Here are a few suggestions for some great "wiches" that might make "brown bagging" a pleasure and lunch a meal in itself.

Royal Ham Sandwiches:

1 submarine roll, 3–4 thin slices fully cooked ham (deli), 4 slices mozzarella cheese, 1 tomato, thinly sliced, 4 sprigs fresh parsley, chopped finely, 4 fresh basil leaves, chopped, 1 tbs. Italian or Caesar salad dressing

Split roll enough to open, but not cut through. Layer ingredients. Wrap in plastic wrap. When lunch time comes, unwrap sandwich and place on paper plate. Microwave until cheese is melted and entire sandwich is warm. Fold top of roll over and enjoy.

Include a bag of your favorite chips, a fruit salad, and a brownie.

Bistro Steak Sandwich:

Sandwich Rolls

1/2 lb. fresh mushrooms, sliced thinly
2 onions, sliced thinly
1 green pepper, sliced
2 tbs. butter
1 lb. thinly sliced cooked roast beef
6 hard-rolls, split
6 slices (8 ozs.) mozzarella cheese
4 beef bouillon cubes
2 cups water

In a pan, saute mushrooms, onions, and green pepper in butter until tender. Divide beef among rolls. Top with vegetables and cheese; replace roll tops. Wrap in plastic wrap. In small pan, heat bouillon and water until cubes are dissolved. Place in small luncheon plastic container. In microwave, heat until cheese melts and sandwich is hot. Heat "dip" in microwave and use as a great dipping sauce for your beef sandwich.

Deli Reuben Sandwich:

4 slices rye bread
1 tbs. Thousand Island Dressing
8 slices corned beef (deli)
2 tbs. spicy brown mustard
1 cup sauerkraut, drained, rinsed, and drained again
4 slices (1 oz. each) Swiss Cheese

Spread bread with mustard. Top with corned beef, sauerkraut, dressing, and cheese. Wrap in plastic wrap securely.

Microwave until sandwich is warm and cheese has melted.

A dill pickle makes this sandwich a delight.

A Grand Fish Sandwich:

1 serving (6 ozs.) of flaked crab meat, drained
1 cup shredded Mozzarella cheese (4 ozs.)
4 tbs. chopped green onions
2 tbs. mayonnaise
1 tsp. Worcestershire sauce
2 hard rolls or deli rolls

Combine crabmeat, cheese, green onions, mayonnaise, and Worcestershire sauce in bowl and blend well. Season with pepper to taste.

Place in plastic carry container. Wrap deli rolls in plastic wrap.

At lunch time mound on the fish mixture onto the split deli rolls. Microwave until warm and cheese in mixture has melted.

Pack a small green salad and your favorite cookie.

"Cold" Sandwiches:

Place 3-4 slices of bologna, or salami on dark rye or whole-wheat bread, with 1 tsp. prepared horseradish or 2 tsp. mayonnaise. Include a dill pickle.

Sandwich Rolls

Chicken Salad:

Mix 1/4 cup chopped cooked chicken with 1 tbs. finely chopped celery, 1/2 hard-cooked egg, chopped, 2 tbs. mayonnaise, salt, and freshly ground pepper. Spread the mixture between two slices fresh white bread. Include separately crisp lettuce leaves or watercress.

Oh, the wonder of Autumn, especially with mealtime ideas and recipes. Summer's lighter ideas are set aside until next year and appetites are returning!

ENJOY!

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