

'WICH

MEGA MUFFULETTA,
P. 52

CRAFT

Elevate the humble sandwich to supper status with these flavor-packed ideas that will make you a dinner wizard!

RECIPES & FOOD STYLING BY JOY HOWARD
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FRENCH DIP WITH
GARLICKY MAYO
AND CARAMELIZED
ONION GRAVY, P. 52



HOT TOPIC
These sweet 'n' savory sammies are perfect with a bowl of tomato soup. Yum!

GRILLED CHEESE WITH BACON AND FIG JAM

Grilled Cheese With Bacon and Fig Jam

ACTIVE TIME 15 MIN. ♦ TOTAL TIME 30 MIN.
MAKES 4 SANDWICHES

INGREDIENTS

- 6 slices thick-cut bacon
- 8 thick slices sourdough bread
- ¼ cup (½ stick) butter, softened
- 4 Tbs. fig jam, divided
- 8 thick slices (about 6 oz.) sharp cheddar
- Tomato soup, for serving

1. Heat oven to 400°F. Arrange bacon on a foil-lined baking sheet and cook until crisp, about 20 minutes. Transfer to a paper-towel-lined plate to drain. Once bacon is cool, break each piece in half. Reduce oven heat to 225°F, and get out a baking sheet.

2. While bacon cooks, begin assembling sandwiches. Generously spread one side of each bread slice with butter. Flip half of the slices and spread the other side with 1 Tbs. jam.

3. Warm a large, heavy skillet over medium heat. Place two of the butter-only slices butter-side down in the pan. Layer each with 2 slices cheese and 3 pieces bacon, then top with a jam-and-butter slice, jam-side down. Grill the sandwiches until golden brown on both sides, about 3 minutes per side. Transfer sandwiches to baking sheet, and place in oven to keep warm. Repeat assembly and grilling steps with remaining ingredients. Serve with tomato soup.

PER SERVING (NOT INCLUDING SOUP): 555 CALORIES; 21g PROTEIN; 34g FAT (18g SAT. FAT); 41g CARBS; 1g FIBER; 12g SUGAR; 1,006mg SODIUM

Tuna Melts With Spinach Slaw

ACTIVE TIME 15 MIN. ♦ TOTAL TIME 20 MIN. ♦ MAKES 5 SERVINGS

INGREDIENTS

- 1 Tbs. olive oil
- 2 tsp. red wine vinegar
- Half a Roma tomato, seeded and finely diced
- 1½ cups stemmed and thinly sliced spinach
- 1 demi baguette, sliced lengthwise
- ⅓ cup plus 2 Tbs. mayonnaise, divided
- 2 cans (5 oz. each) low-sodium chunk light tuna packed in water
- 2 tsp. Dijon mustard
- 1 large shallot, finely chopped (about 4 tsp.)
- 1 Tbs. chopped fresh dill
- 2 Tbs. finely chopped roasted red bell pepper
- 1 stalk celery, chopped
- ¼ tsp. pepper
- Salt (optional)
- 1 cup shredded cheddar
- Sweet potato fries, for serving

1. Warm broiler on low with a rack 6 inches from heat. In a small bowl, whisk together olive oil and vinegar. Toss diced tomatoes and spinach with oil-and-vinegar dressing. Set aside.

2. Arrange baguette halves, cut-side up, on a baking sheet, and spread each with 1 Tbs. mayonnaise. Set aside.

3. In a medium bowl, stir together tuna, mustard, shallot, dill, red bell pepper, celery, pepper, and remaining ⅓ cup mayonnaise. Taste and season with salt if desired.

4. Spread half the tuna mixture on each baguette half; top with cheese. Broil until cheese is melted, about 3 minutes. Scatter the salad over the baguette. Slice and serve immediately, with sweet potato fries.

PER SERVING (NOT INCLUDING FRIES): 368 CALORIES; 21g PROTEIN; 26g FAT (7g SAT. FAT); 14g CARBS; 1g FIBER; 1g SUGAR; 605mg SODIUM

TUNA MELTS WITH SPINACH SLAW





**VEGGIE
SLOPPY JOE**

Veggie Sloppy Joe

ACTIVE TIME 15 MIN. ♦ **TOTAL TIME** 45 MIN.
MAKES 4 SANDWICHES

INGREDIENTS

- 1 cup lentils
- 2 Tbs. olive oil
- 1 medium onion (about 1 cup), diced
- 1 stalk celery, finely chopped
- ½ cup finely diced green bell pepper
- 3 cloves garlic, minced
- 2 Tbs. dark brown sugar
- 3 Tbs. tomato paste
- 2 cans (8 oz. each) tomato sauce
- 1 Tbs. soy sauce
- 2 tsp. white wine vinegar
- 1 tsp. mustard powder
- ¾ tsp. smoked paprika
- ¼ tsp. pepper
- ¼ tsp. salt (optional)
- 4 potato buns

Pasta salad, for serving

1. Place lentils in a pot and cover with 2 inches of water. Bring to a boil, then reduce heat and simmer covered for 20 minutes. Drain and set aside.
2. In a large pot over medium heat, warm the oil. Cook onion, celery, and bell pepper until lightly browned, about 10 minutes. Add the garlic and cook 1 minute. Stir in remaining ingredients and lentils. Simmer until thickened, about 10 minutes.
3. Toast buns cut-side up in the oven. Assemble sandwiches, and serve immediately with pasta salad.

PER SERVING (NOT INCLUDING PASTA): 512 CALORIES; 21g PROTEIN; 10g FAT (2g SAT. FAT); 87g CARBS; 11g FIBER; 20g SUGAR; 1,198mg SODIUM

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Mega Muffuletta

ACTIVE TIME 10 MIN. ♦ **TOTAL TIME** 10 MIN.
MAKES 8 SERVINGS

INGREDIENTS

- 1 (8- to 10-inch) soft round Italian loaf, halved crosswise
- ¼ cup olive oil plus more for brushing
- 1 Tbs. red wine vinegar
- ¾ tsp. dried oregano
- 1 clove garlic, minced
- 1 cup (8½-oz. jar) coarsely chopped green olives
- ½ cup finely chopped sundried tomatoes
- ¼ lb. sliced mortadella
- ¼ lb. sliced ham
- ¼ lb. sliced hard salami
- 4 slices provolone
- ¼ lb. fresh mozzarella, sliced

Coleslaw, for serving

1. Lay bread cut-side up on a work surface; brush both sides generously with olive oil. In a small bowl, whisk together olive oil, vinegar, oregano, and garlic. Add olives and sundried tomatoes, and stir to coat.
2. Layer deli slices and cheese on the bottom half of loaf. Spoon on the olive salad (you may have some left over), and cover with the top half of the loaf. Slice into eight pieces, and serve with coleslaw.

PER SERVING (NOT INCLUDING COLESLAW): 445 CALORIES; 18g PROTEIN; 27g FAT (8g SAT. FAT); 33g CARBS; 3g FIBER; 4g SUGAR; 1,314mg SODIUM

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French Dip With Garlicky Mayo and Caramelized Onion Gravy

ACTIVE TIME 50 MIN. ♦ **TOTAL TIME** 50 MIN.
MAKES 4 SANDWICHES

INGREDIENTS

For mayonnaise

- 1 clove garlic, minced
- ½ cup mayonnaise

For onions and gravy

- 3 Tbs. butter, divided
- 2 Tbs. olive oil
- 4 large onions, sliced crosswise
- ½ tsp. sugar
- ½ tsp. salt, divided
- 3 cloves garlic, minced
- 3 Tbs. flour
- 3 cups beef broth
- 1 Tbs. Worcestershire sauce
- ¼ tsp. black pepper

For sandwiches

- 4 hoagie rolls
- 1 lb. thinly sliced roast beef
- 4 slices provolone cheese (optional)
- Green salad, for serving

1. In a small bowl, stir together garlic and mayonnaise. Cover and refrigerate to let flavors meld.
2. In a large skillet over medium heat, warm 1 Tbs. butter and the olive oil until melted and bubbly. Add onions and cook undisturbed for 8 minutes. Add the sugar and ¼ tsp. salt, and continue cooking, stirring occasionally, until dark amber and caramelized, about 25 minutes. Transfer onions to a plate and reserve the pan. Chop 2 Tbs. of the prepared onions.
3. In the same pan over medium heat, melt the remaining 2 Tbs. butter. Add the garlic and chopped onions, and cook until fragrant, about 1 minute. Whisk in the flour until well blended. Slowly pour in the broth, whisking constantly until combined. Bring mixture to a simmer and let cook until slightly thickened, about 4 minutes. Stir in Worcestershire sauce, pepper, and remaining ¼ tsp. salt.
4. While gravy cooks, toast rolls cut-side up in the oven, about 1 minute. To assemble each sandwich, spread garlic mayo on half a roll. Dip one fourth of roast beef and one fourth of onions in gravy, and place in the roll with cheese, if desired. Serve immediately with gravy for dipping and a green salad.

PER SERVING (NOT INCLUDING SALAD): 780 CALORIES; 40g PROTEIN; 44g FAT (12g SAT. FAT); 58g CARBS; 5g FIBER; 11g SUGAR; 1,866mg SODIUM

PROP STYLING BY PAIGE HICKS