

SATISFYING SANDWICHES

Southwestern Roast Beef Pitas

1 to 1 1/2 pounds left-over roast beef, cut into thin strips
3 tablespoons red wine vinegar

1 tablespoon olive oil
1 teaspoon cilantro
3 to 4 whole wheat pita pockets, cut in half
Shredded cheddar cheese
Salsa

In a small bowl, mix vinegar, olive oil and cilantro. Add beef strips and lightly stir. Refrigerate for at least an hour.

Assemble pitas by stuffing each with beef strips, cheese and salsa, to taste. Arrange cut side up on baking sheet; cover with foil. Bake at 350 degrees for 15 minutes, or until hot.

Janelle Reese
Reedsville

(Recipe adapted from a Certified Angus Beef program recipe)

Reuben Sandwich

Rye bread
Mayonnaise or Thousand Island dressing
Corned beef (you can use canned)

Sauerkraut
Slice Swiss cheese
Spread two slices of rye bread lightly with mayonnaise or Thousand Island dressing. Put a layer of sauerkraut on one slice, then top with a slice of corned beef, then a slice of Swiss cheese. Top with the second slice of bread.

Butter outside of sandwich lightly with soft butter or margarine and toast on a griddle or grill, turning to brown evenly.

Joyce M. Eaton
Port Royal

Sandwich

About 6 slices cooked bacon
1 pound ground beef
1/2 cup shredded cheddar cheese

1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder

4 hamburger buns
Crumble bacon into small pieces. In a medium bowl, combine beef, bacon, cheese, salt, pepper, and garlic powder. By hand, mix well until fully combined. Shape mixture into four hamburger patties.

Cook for 5 minutes per side until fully cooked to desired doneness. Place one burger on each bun.

Tirzah Hosler
Port Royal

Chicken Salad Boats
4 packages of about 20 precooked chicken tenders
18 hard rolls
3 cups finely chopped celery

1 medium onion, finely chopped
4 tablespoons mayonnaise

1 large bottle Italian dressing
Salt and pepper to taste
18 slices provolone cheese

Preheat grill to medium heat and cover with foil. Grill chicken tenders until heated through. Remove from grill and cut into small pieces. Hollow out hard rolls by cutting a hole in the top of each roll and pulling out the bread. Do not hollow completely, but leave bottom intact to make a boat shape. In a bowl, combine all ingredient, without the buns. Mix well and spoon mixture into hollowed hard rolls. Place the rolls in a metal 9 x 13-inch baking dish. Place 1 slice of cheese on each roll in dish. Place baking dish over heated grill until cheese melts and rolls are slightly browned. Remove from grill and serve warm.

Tammy S. Brackbill
Port Royal

Reuben Specials

6 hamburger buns
Mayonnaise
Yellow mustard
1/2 pound cooked corned beef, thinly sliced
1 cup sauerkraut, drained
1 teaspoon caraway seeds
1 cup shredded Swiss cheese

Spread bottom halves of buns with mayonnaise and mustard and layer with corned beef, sauerkraut, caraway seeds and cheese. Top with remaining buns. Wrap each sandwich in a paper towel. Microwave 3 sandwiches at a time, 1 1/2 minutes. Makes 6 sandwiches.

Gail Spinda
McVeytown

Chili Dogs

1 can condensed chili beef soup
1/4 cup water
4 hot dogs
4 hot dog buns, toasted
1/4 cup chopped onion
Shredded cheddar cheese
Shredded lettuce
Mix soup and water together in a 1 1/2 quart glass casseroles dish. Add hot dogs. Cover hot dogs with soup mixture. Cover and microwave 5 to 7 minutes or until piping hot. Stir once during cooking. Place hot dogs in buns. Spoon chili mixture over hot dogs and sprinkle with onions. Top with cheese and lettuce. Serves 4.

Gail Spinda
McVeytown

Hot Sausage Sub

4 hot Italian sausages
2 green peppers, sliced
2 onions, sliced
3 potatoes, peeled and cut into chunks
Salt and pepper, to taste
Fry sausage until brown, then lower heat. Add peppers, onions, potatoes, salt

and pepper and cook until done — until potatoes are soft and the sausage is cooked through, about 20 minutes or so. Serve on Italian sub bread. Serves 4.

Gail Spinda
McVeytown

Garden Turkey Burgers

1 cup old-fashioned oats
3/4 cup chopped onion
3/4 cup finely chopped sweet red or green pepper
1/2 cup shredded zucchini
1/4 cup ketchup
2 garlic cloves, minced
1/4 teaspoon salt, optional
1 pound ground turkey
6 whole wheat hamburger buns, split and toasted

Coat grill with nonstick cooking spray before starting the grill. In a bowl, combine the first seven ingredients. Add turkey and mix well. Shape into six 1/2-inch thick patties. Grill, covered, over indirect medium heat for 6 minutes on each side or until a meat thermometer reads 165. Serve on buns.

Lisa Long
Lewistown

Grilled Roast Beef Sandwiches

1 can (4-oz.) chopped green chilies, drained
2 tablespoons mayonnaise
1 tablespoon Dijon mustard
10 slices rye bread
5 slices Swiss cheese
10 thin slices cooked roast beef
2 tablespoons butter or margarine, softened
Salsa or picante sauce, optional
Combine chilies, mayonnaise and mustard; spread about 1 tablespoon on one

side of each slice of bread. Top half of the bread with one slice of cheese and two slices of beef. Cover with remaining bread. Butter the outsides of bread. Grill sandwiches on a griddle or in a large skillet over medium heat until both sides are golden brown and cheese is melted. Serve with salsa or picante sauce.

Lisa Long
Lewistown

Dilled Salmon Pitas

1 medium cucumber, seeded and chopped
1/2 cup chopped green or sweet red pepper
1/2 cup chopped red onion
1 can (14 3/4-oz.) salmon, drained and flaked
2/3 cup plain yogurt
1/3 cup mayonnaise
1 tablespoon lemon juice
2 tablespoons minced

fresh parsley or 2 teaspoons dried parsley flakes
1 teaspoon dillweed
12/ teaspoon ground coriander
3 to 4 pita breads, halved

In a mixing bowl, combine cucumber, pepper, onion and salmon. In a separate bowl, blend yogurt, mayonnaise, lemon juice, parsley, dillweed and coriander. Stir dressing into salmon mixture. Serve in pita pockets with lettuce leaves, if desired.

Lisa Long
Lewistown

Double Decker Tomato Sandwiches

12 slices bacon
12 slices white bread
Mayonnaise
Curly leaf lettuce
2 tomatoes, sliced
Brown bacon slices and drain on paper towels. When cool, break each slice in half. Toast bread slices. Spread mayonnaise on 2 slices of bread. Lay lettuce leaf, tomato slices and 3 pieces broken bacon on one slice. Top with other bread slice, mayonnaise side up. Lay lettuce leaf, tomato slices and 3 pieces of broken bacon on bread. Top with additional slice of bread. Repeat procedure for remaining three sandwiches. Slice diagonally and serve with pickles and chips.

Makes 4 sandwiches.
Bonnie Ross
McVeytown

French Onion Burgers

1 1/2 pounds ground beef
1 envelope onion soup mix
1 cup French onion dip
1/2 cup bread crumbs
4 Kaiser rolls
Mix beef, soup mix, dip and bread crumbs. Form into 4 patties and cook until temperature reaches 160 degrees. Place on buns.

Jody Hetrick
Reedsville

Brenda Lockett Electrologist and Fairytale Nails

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