



On The Roll

Eating Healthy With Deli



Building A Better Sandwich

(NAPSA)—According to legend, the sandwich was created when the Earl of Sandwich, a compulsive gambler, refused to leave the gaming tables for a meal. His advisors insisted that he eat something, so the earl told them to bring him some meat stuck between two pieces of bread.

The sandwich has come a long way since then, both in variety and the care with which it's prepared. From the famous Dagwood sandwiches popularized by the "Blondie" comic strip to the variety of sub shops opening around the country, the sandwich remains a popular favorite—for lunch, dinner or midnight snack.

One way to build yourself a great grinder or a terrific hoagie or sub is to start with quality meats and cheeses. Since 1939, Dietz & Watson, the Philadelphia-based preparer of premium meat delicacies, has worked to prepare the most flavorful, highest quality deli meats in the industry. They include low-salt and low-fat varieties, and the company's standards have always exceeded those set by government regulations.

Here are two suggestions for scrumptious sandwiches. The first offers a warm Hawaiian flavor to lend a tropical taste to any afternoon, and the second is a tempting twist on the classic Reuben. For additional recipe ideas and product information, visit the Web site at www.dietzandwatson.com.

Ham & Grilled Pineapple Sandwich

Makes 2 sandwiches

2 slices brioche (or any good egg style bread, such as challah)

10 slices Dietz & Watson Ham (grilled or warmed)



Great sandwiches start with top-quality ingredients, including fresh deli meats.

2 slices fresh pineapple (grilled)

8 slices red onion (thinly sliced)

For the best flavor, prepare ingredients as an open-faced sandwich and grill on the barbecue.

Grilled Black Forest Reuben

Makes 2 sandwiches

4 slices pumpernickel bread

10 slices Dietz & Watson London Broil Roast beef, London Broil turkey breast

4 slices Dietz & Watson Swiss Cheese

Dietz & Watson Horseradish Sauce (to taste)

Coleslaw

Butter (for grilling)

Spread horseradish sauce on each slice of bread. Layer Swiss and coleslaw on one slice, Swiss and London Broil on other. Butter baking pan. Bake at 400°F for 8 minutes. Sandwich together. Cut in half to serve.