



Sandwich-Making Tips

FROM CHUCK HUGHES



1. Have fun with leftovers.

Sandwiches are a great way to transform leftovers into a delicious snack or meal. Don't be shy to try unusual fillings to make the most out of leftover food.



2. Plan ahead.

Gourmet-inspired ingredients such as caramelized onions, seasoned mayonnaise, and roasted red peppers can take a sandwich from ho-hum to amazing. Prepare ingredients that require a little extra effort ahead of time or on the weekends when you're less busy and keep them in the fridge to use all week.



3. Have fun with DIY lunches.

Consider packing 'deconstructed' sandwiches that can be assembled at work or school by packing the ingredients in separate re-usable containers at home. Not only is this a great way to ensure ingredients are in great shape by lunchtime, but it also gives kids a chance to help create their lunches.



4. Surprise yourself.

Adding unexpected ingredients can make an otherwise basic sandwich exciting. Some of Chuck's favourite ingredients include kim chi, spicy antipasto mixed vegetables, fresh herbs, oven dried tomatoes, seasoned Hellmann's® mayonnaise-type dressings, and romaine lettuce.



5. Choose real, simple, fresh ingredients.

Fresh ingredients are an essential part of a good sandwich. Choose fresh, seasonal ingredients whenever possible.



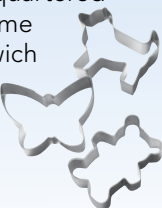
6. Toast for success.

When using sliced bread, consider toasting it lightly to help keep soggy at bay. It also adds a great, crunchy texture to your sandwich.



7. Try different sandwich shapes.

Try cutting your sandwiches in different ways to change things up and add a bit of surprise to your lunch. Remember the joy of eating a crustless, quartered sandwich as a kid? Some stores even sell sandwich cutters in fun shapes that are guaranteed to put a smile on any kid's face.



8. Layer strategically for sog-free sandwiches.

Layer wet ingredients – such as tomatoes and sandwich spreads – between the meat and cheese to protect bread from getting soggy in packed lunches.

