



BASIC SANDWICH RECIPE

Here's how to make one sandwich.



- _____1. Get 2 slices bread.
Get condiments, *if any*.
Get knife.
Get meat or other main ingredient, *if any*.
Get spoon, *if any*.
Get cheese, *if any*.
Get vegetables, *if any*.
Get sharp knife, *if needed*.



- _____2. Spread condiments, *if any*,
on to bread.



- _____3. Put meat *or* other main ingredient,
if any, on to bread.



_____ 4. Put cheese, *if any*, on to bread.



_____ 5. Put vegetables, *if any*, on to bread.



_____ 6. Put other slice of bread on top.



_____ 7. **Decision. Careful!** Cut sandwich in half.

or



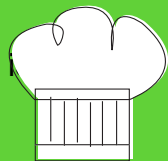
____7A. *Decision.* Do not cut sandwich in half.



BASIC SANDWICH RECIPE

Here's how to make one sandwich.

- _____ 1. Get 2 slices bread. Get condiments, *if any*. Get knife. Get meat or other main ingredient, *if any*. Get spoon, *if any*. Get cheese, *if any*. Get vegetables, *if any*. Get sharp knife, *if needed*.
Get two slices of bread (remember – whole wheat with a lot of fiber and low sugar is best), the condiments, *if any*, a clean knife for spreading the condiments, the meat **or** other main ingredient (such as tuna or egg salad), *if any*, a clean spoon, *if any*, to scoop up any other main ingredient to put on to the bread (such as tuna or egg salad), the cheese slices, *if any*, the fresh sliced, torn (lettuce), or diced vegetables, *if any*, and a clean, sharp knife if cutting the sandwich.
- _____ 2. Spread condiments, *if any*, on to bread.
Using your one hand, hold one slice of bread at a time, to keep it steady. Using your other hand and the knife (if the condiment doesn't come in a squirt tube), carefully spread a thin layer of condiments on to each piece of bread.
Remember that a little goes a long way.
You will stack all of the sandwich ingredients on to only one of these bread slices and the other bread slice should be put off to the side for the time being.
Typical condiments are mayonnaise, butter or margarine, and mustard. See the Pizzazz section for more tasty condiment ideas such as teriyaki sauce, hummus, etc.
- _____ 3. Put meat, or other main ingredient, *if any*, on to bread.
Using your hand, put one or two slices of meat on to one slice of bread. Typical luncheon meats are turkey, ham, bologna, roast beef, corned beef, pastrami, etc. **or**
Using the spoon, scoop up and spread another main ingredient (such as tuna or egg salad) on to one of the slices of bread.
Remember to use a middle of the road approach. You don't want too much or too little.



- _____ 4. Put cheese, *if any*, on to bread.
Using your hand, put the cheese on to the one slice of bread.
Remember to use a middle of the road approach. You don't want too much or too little.
- _____ 5. Put vegetables, *if any*, on to bread.
Using your hand, put fresh lettuce and/or sliced and diced vegetables on to the one slice of bread.
- _____ 6. Put other slice of bread on top.
Using your hand, put the slice of bread that was set aside in step 2, on top of everything you've assembled in steps 3 through 5.
- _____ 7. **Decision. Careful!** Cut sandwich in half.
Using your one hand, hold the sandwich on one side, away from the middle, to keep it steady.
Using your other hand and the sharp knife, on a safe surface, carefully cut the sandwich in half.
- or**
- _____ 7A. **Decision.** Do not cut sandwich in half.
Do not cut the sandwich in half.