

SuperFast

EASY
20
MINUTE
ENTRÉES

THIS MONTH | HEARTY SANDWICHES

From salad-stuffed flatbread to a knife-and-fork open-faced option, these entrées bring variety to your weeknights. BY CAROLINE WRIGHT

Open-Faced Sandwiches with Ricotta, Arugula, and Fried Egg

4 (2-ounce) slices whole-wheat country bread
Cooking spray
2 cups arugula
1 tablespoon extra-virgin olive oil, divided
1½ teaspoons fresh lemon juice
½ teaspoon salt, divided
½ teaspoon freshly ground black pepper, divided
4 large eggs
¾ cup part-skim ricotta cheese
¼ cup (1 ounce) grated fresh Parmigiano-Reggiano cheese
1 teaspoon chopped fresh thyme

1. Preheat broiler.
2. Coat both sides of bread with cooking spray. Broil 2 minutes on each side or until lightly toasted.
3. Combine arugula, 2 teaspoons oil,

juice, ¼ teaspoon salt, and ¼ teaspoon pepper; toss gently.

4. Heat remaining 1 teaspoon oil in a large nonstick skillet over medium heat. Crack eggs into pan; cook 2 minutes. Cover and cook an additional 2 minutes or until whites are set. Remove from heat.

5. Combine ¼ teaspoon salt, ricotta, Parmigiano-Reggiano, and thyme; spread over bread slices. Divide salad and eggs evenly over bread. Sprinkle with remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 337; **FAT** 15.8g (sat 5.9g, mono 6.9g, poly 1.6g); **PROTEIN** 21.8g; **CARB** 27.2g; **FIBER** 4.1g; **CHOL** 231mg; **IRON** 2.8mg; **SODIUM** 807mg; **CALC** 316mg

CHOOSE THE RIGHT BREAD FOR THE SANDWICH



BAGUETTE
Sturdy texture stands up to hefty fillings



FLATBREAD
Wrap and roll up smaller ingredients



COUNTRY BREAD
Thick, dense slices for open-faced options



SUB OR HOAGIE ROLLS
Great for saucy sandwiches

PHOTOGRAPHY: JOHN AUTRY; STYLING: MINDI SHAPIRO; FOOD STYLING: CHARLOTTE FEKETE





Turkey Panini with Watercress and Citrus Aioli

2 tablespoons canola mayonnaise
1/4 teaspoon grated lime rind
1/4 teaspoon grated lemon rind
1 teaspoon fresh lemon juice
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced
8 (1-ounce) slices white bread
1/2 pound deli-sliced smoked turkey (such as Boar's Head)
2 cups trimmed watercress
4 (1/2-ounce) slices provolone cheese
Cooking spray

1. Heat a grill pan over medium-high heat.
2. Combine first 6 ingredients; spread

evenly over 4 bread slices. Top evenly with turkey, watercress, cheese, and remaining 4 bread slices.

3. Coat grill pan with cooking spray. Arrange 2 sandwiches in pan. Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 2 minutes on each side (leave cast-iron skillet on sandwiches while they cook). Repeat procedure with remaining 2 sandwiches. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 304; **FAT** 11.8g (sat 2.7g, mono 2.8g, poly 3.6g); **PROTEIN** 21.3g; **CARB** 29g; **FIBER** 1.2g; **CHOL** 38mg; **IRON** 2mg; **SODIUM** 810mg; **CALC** 210mg

Chipotle Chicken Cheesesteaks

1 (7-ounce) can chipotle chiles in adobo sauce
2 teaspoons olive oil, divided
12 ounces chicken cutlets, thinly sliced
1 cup vertically sliced onion
1 cup red bell pepper strips
2 teaspoons bottled minced garlic
1/4 teaspoon dried thyme
1/4 teaspoon salt
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
4 (2-ounce) submarine or hoagie rolls

1. Remove 1 chile and 1 tablespoon adobo sauce from can; mince chile. Set chile and sauce aside. Reserve remaining chiles and sauce for another use.

2. Heat 1 teaspoon oil in a large cast-iron skillet over medium-high heat. Add chicken; sauté 4 minutes or until done. Remove chicken from pan. Heat remaining 1 teaspoon oil in pan over medium-high heat. Add onion, bell pepper, garlic, and thyme; sauté 4 minutes. Stir in chile and adobo sauce; cook 30 seconds. Add chicken and salt; cook 1 minute, stirring frequently. Remove from heat. Add cheese, stirring until cheese melts. Divide mixture evenly among rolls. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 388; **FAT** 13g (sat 5.7g, mono 5.1g, poly 1.2g); **PROTEIN** 32.8g; **CARB** 35.2g; **FIBER** 3.3g; **CHOL** 71mg; **IRON** 2.8mg; **SODIUM** 605mg; **CALC** 322mg





Banh Mi-Style Roast Beef Sandwiches

1/8 teaspoon kosher salt
1/8 teaspoon freshly ground black pepper
3/4 pound flank steak, trimmed
2 tablespoons rice vinegar
1 tablespoon fish sauce
1 tablespoon less-sodium soy sauce
1 1/2 teaspoons sugar
1 jalapeño pepper, thinly sliced
1 cup matchstick-cut carrots
1/2 cup thinly sliced radishes
1 (8-ounce) baguette, halved lengthwise and toasted
1/2 cup fresh cilantro leaves

1. Heat a large cast-iron skillet over medium-high heat. Sprinkle salt and pepper evenly over steak. Add steak to

pan; cook 5 minutes on each side or until desired degree of doneness. Remove steak from pan; let stand 5 minutes. Cut steak diagonally across grain into thin slices.

2. While steak cooks, combine vinegar and next 4 ingredients (through jalapeño pepper) in a medium bowl. Combine carrots and radishes in a medium bowl; add 1 tablespoon vinegar mixture, tossing to coat. Let vegetable mixture stand 5 minutes. Add steak to remaining 5 tablespoons vinegar mixture; toss well to coat.

3. Arrange steak on bottom half of bread; top with carrot mixture and cilantro. Top with top half of bread; cut into 4 equal pieces. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 302; **FAT** 6g (sat 2.5g, mono 2.4g, poly 0.3g); **PROTEIN** 23.4g; **CARB** 39.4g; **FIBER** 2.3g; **CHOL** 32mg; **IRON** 3.3mg; **SODIUM** 907mg; **CALC** 29mg

Caprese Wraps with Chicken

2 tablespoons olive oil
2 tablespoons white wine vinegar
1/4 teaspoon kosher salt
1/4 teaspoon black pepper
4 cups prechopped hearts of romaine lettuce
1 1/2 cups shredded skinless, boneless rotisserie chicken breast
3/4 cup (3 ounces) fresh mozzarella cheese, chopped
1/2 cup fresh basil leaves, torn
1 pint cherry tomatoes, quartered
Cooking spray
4 (2.8-ounce) multigrain flatbreads (such as Flatout)
1 large garlic clove, halved

1. Combine first 4 ingredients in a large bowl, stirring with a whisk. Add lettuce and next 4 ingredients (through tomatoes), tossing to coat.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Working with 1 flatbread at a time, cook bread 1 minute on each side or until toasted. Rub 1 side of each flatbread with cut sides of garlic. Arrange 1 1/2 cups chicken mixture in the center of each flatbread; roll up. Yield: 4 servings (serving size: 1 wrap).

CALORIES 328; **FAT** 15.9g (sat 4.5g, mono 6.2g, poly 2.7g); **PROTEIN** 30.3g; **CARB** 22g; **FIBER** 9.5g; **CHOL** 61mg; **IRON** 2.9mg; **SODIUM** 573mg; **CALC** 180mg





Arctic Char Sandwiches with Lemon-Tarragon Slaw

- 1 tablespoon olive oil
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 4 (4-ounce) arctic char fillets
- 1/4 cups cabbage-and-carrot coleslaw
- 1 tablespoon chopped fresh tarragon
- 2 tablespoons organic canola mayonnaise (such as Spectrum)
- 1 tablespoon fresh lemon juice
- 1 teaspoon Dijon mustard
- 4 (2-ounce) Kaiser rolls, toasted

1. Heat oil in a large nonstick skillet over medium-high heat. Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of fish. Add fish to pan; cook 4 minutes on each side or until desired degree of doneness.

2. Combine coleslaw, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, tarragon, mayonnaise, lemon juice, and mustard; toss well. Arrange 1 fillet over bottom half of each roll; top with 1/4 cup slaw and top half of roll. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 406; **FAT** 18.4g (sat 2.7g, mono 7.9g, poly 6.5g); **PROTEIN** 26.7g; **CARB** 32g; **FIBER** 1.9g; **CHOL** 56mg; **IRON** 2.4mg; **SODIUM** 727mg; **CALC** 77mg

—Additional recipe by David Bonom

Sausage-Fennel Subs

- Cooking spray
- 1 1/2 cups vertically sliced onion
- 1 cup thinly sliced fennel bulb
- 4 garlic cloves, thinly sliced
- 6 ounces chicken and sun-dried tomato sausage, thinly diagonally sliced
- 4 (2-ounce) submarine rolls or hoagie rolls
- 1/2 cup tomato-basil pasta sauce
- 8 (1/2-ounce) slices provolone cheese

1. Preheat broiler.

2. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion, fennel, and

garlic; sauté for 4 minutes. Add sausage, and sauté for 3 minutes or until sausage is lightly browned and vegetables begin to brown.

3. Arrange rolls, cut sides up, in a single layer on a baking sheet; broil 2 minutes or until toasted. Spoon about 2/3 cup sausage mixture on the bottom half of each roll, and top each with 2 tablespoons sauce. Place 2 cheese slices over sauce. Arrange sandwiches on baking sheet; broil 2 minutes or until cheese melts. Yield: 4 servings (serving size: 1 sandwich).

CALORIES 395; **FAT** 16.9g (sat 7.7g, mono 5.4g, poly 2.3g); **PROTEIN** 21.5g; **CARB** 39g; **FIBER** 3.5g; **CHOL** 55mg; **IRON** 2.8mg; **SODIUM** 981mg; **CALC** 324mg

