

Big Sandwich

8" round loaf of bread, unsliced
2 tbsp. horseradish
1/2 pound lowfat roast beef, thinly sliced
2 tbsp. prepared mustard
1/2 pound lowfat ham or turkey, thinly sliced
4 slices fat-free Swiss cheese
2 tbsp. fat-free mayonnaise
1 medium tomato, thinly sliced
6 strips turkey bacon, cooked
4 slices fat-free American cheese
1 medium onion, thinly sliced
1/4 cup lowfat margarine
1 tbsp. sesame seeds
1/2 tsp. onion salt

Preheat oven to 400°F. Slice bread horizontally into five equal layers. Spread bottom layer with horseradish; top with roast beef. Place the next slice of bread over beef; spread with mustard and top with ham or turkey and Swiss cheese. Add the next slice of bread; spread with mayonnaise and top with tomato and bacon. Add the next slice of bread; top with American cheese and onion. Cover with remaining bread. Combine butter, sesame seeds and onion salt; brush over top and sides of loaf. Place on a baking sheet; loosely tent with heavy-duty foil. Bake for 15-20 minutes or until heated through. Carefully slice into eight wedges. Makes 8 servings.

Nutrition information per serving: calories 343; protein 20 grams; fat 9 grams; sodium 758 mg