

## August is "National Sandwich Month"

Many times you are in need of quick sandwiches to bring along with you to work or for doctor's appointments. Sandwiches are versatile and convenient foods for traveling and eating on the go.

Now, making up sandwiches to freeze takes some thinking, but you are able to use many ingredients that you probably like and doing them all at once can save time. You can use leftovers to make sandwiches, and controlling the portion size is easier when you are making your own at home. Your wholesome sandwich can be added to other renal diet friendly foods and made into a great meal.

Some ingredients freeze well. Peanut and other nut butters freeze well, but jam or jelly does not because it makes the bread soggy. You might want to put the jelly between two layers of peanut butter so it doesn't turn out mushy. If you take canned tuna, chicken, salmon, turkey or chopped roast beef and mix it with some Miracle Whip (freezes better than mayonnaise), it makes a wonderfully moist sandwich. Just don't overdo the Miracle Whip. If you are able to eat cheese, the hard cheeses freeze best – like cheddar. Cheese thaws best when it's grated so it doesn't crumble when thawed.

The same basic steps may be followed for assembling most frozen sandwiches:

For sandwiches where the filling might soak into the bread, spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the "insides" of the sandwich. DO NOT use melted margarine or butter. NOTE: Bread that is at least a day-old may be slightly firmer and easier to spread.

Make your sandwiches "assembly line" fashion, completing one step for all sandwiches before moving on to the next step. Put the filling on the inside and then add the top layer of bread.

A quick way to freeze sandwiches is to:

Place them in zip-top/self-sealing type plastic sandwich bags, labeling the bag with the date and type of sandwich. Squish out as much air as possible before sealing them.

Lay them in a single layer in the freezer on a cookie sheet or other flat surface and freeze them for about an hour until they hold their shape. Then place the sandwich bags in a larger freezer-quality bag, such as a gallon freezer bag. Squish out extra air before sealing. The thin sandwich bags aren't satisfactory for maintaining food quality during longer-term freezer storage.

Reference: <http://food.unl.edu/web/fnh/freezing-sandwiches>

## Frozen Beef, Chicken, or Turkey Sandwich Recipes

### Diet types:

- CKD non-dialysis, Dialysis, & Diabetes

### Ingredients

- 1/4 to 1/3 cup finely chopped cooked roast beef, chicken or turkey (1/4 cup—2 ounces meat)
- 2 to 3 teaspoons of a "salad dressing," such as Miracle Whip
- Soft butter or margarine (do not use melted form), about 2 teaspoons
- 2 slices bread

### Preparation

- Mix beef, chicken or turkey with Miracle Whip-type salad dressing.
- Spread a thin layer of soft butter or margarine to the edges of the sides of bread that will be the "insides" of the sandwich.
- Top one of each pair of bread slices with meat mixture; spread almost to the edges.

## Frozen Peanut Butter & Jelly Sandwich Recipes

### Diet types:

- CKD non-dialysis, Dialysis, & Diabetes

### Ingredients

- 2 teaspoons peanut butter (more if allowed)
- 1 teaspoon jelly or diet jelly
- 2 slices bread

### Preparation

- Spread the inward facing side of each bread slice with the peanut butter to the edges of the bread. Use white bread if needing low phosphorus. More peanut butter may be allowed based on your dietary restrictions.
- Spread jelly on top of peanut butter on one of the bread slices. Cover with the other slice so the jelly is between the peanut butter and won't soak into the bread.
- Freeze for 1-3 months

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