

# 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, ⅛ 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 ⅛ 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







## *Sausage-Fennel Subs*

### **Cooking spray**

**1½ 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**  
**½ cup tomato-basil pasta sauce**  
**8 (½-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 ⅔ 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

## *Arctic Char Sandwiches with Lemon-Tarragon Slaw*

**1 tablespoon olive oil**  
**½ teaspoon salt, divided**  
**½ teaspoon black pepper, divided**  
**4 (4-ounce) arctic char fillets**  
**1¼ 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 ¼ teaspoon salt and ¼ 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 ¼ teaspoon salt, remaining ¼ teaspoon black pepper, tarragon, mayonnaise, lemon juice, and mustard; toss well. Arrange 1 fillet over bottom half of each roll; top with ¼ 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

