
Marco Polo Sandwiches

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

6 English muffin halves

1 pound thinly sliced ham

1 pound thinly sliced turkey

1/2 onion sliced thin

1 tomato, sliced

1 or 2 packages (10 ounce ea) broccoli, cooked and drained

CHEESE SAUCE

3 tablespoons butter

3 tablespoons flour

2 cups milk or half-and-half

1 to 1-1/2 cups cheddar cheese, grated

1/2 teaspoon salt

paprika

Butter each muffin half and arrange on a cookie sheet. Broil to toast. On each muffin, arrange a ham slice, turkey, onion, tomato and 1 to 2 stalks of broccoli.

Warm the sandwiches in a covered pan at 325 degrees for 10 minutes.

To make the sauce: melt the butter in a saucepan. Stir in the flour; then the milk, stirring until thickened. Add the cheddar cheese and salt. Stir until melted. Pour the hot cheese sauce over the warmed sandwiches. Sprinkle with paprika.

(The sandwiches also can be heated in the microwave after the cheese sauce has been poured over them.)

Sandwiches

Per Serving (excluding unknown items): 174 Calories; 12g Fat (61.1% calories from fat); 8g Protein; 9g Carbohydrate; 3g Dietary Fiber; 35mg Cholesterol; 383mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat.