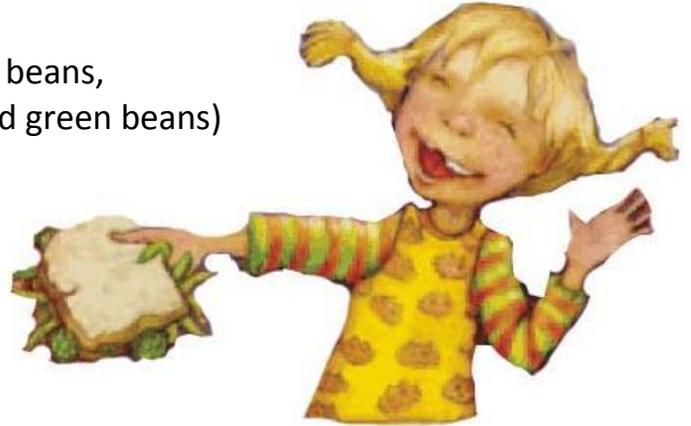


# Carla's Sandwich Cookbook

## Olive, Pickle, Green Bean Sandwich

Toast two slices of whole wheat bread.  
Spread mayonnaise on one or both slices.  
Place green beans (either cooked fresh green beans, cooked frozen green beans, or drained canned green beans) onto one slice.  
Layer on some pickle slices.  
Add some green olives (with or without pimentos – no pits!)  
Add some lettuce, if you like.  
Sprinkle on salt and pepper.  
Cover with second slice of bread.



## Banana-Cottage-Cheese Delight



Slice it open a baguette or any slightly crunchy roll.  
Spread cottage cheese inside.  
Peel one or two bananas, slice them into round slices or the long way, then place the banana pieces on the cottage cheese.  
Sprinkle on some sugar and/or cinnamon, if you like.  
Optional addition: raisins or raisins.

## Carla's Crunch

Slice off the top edge of the pita so you can open the pocket.  
Spread peanut butter (crunchy or smooth) inside the pocket.  
Add a few crackers (salty or graham, whichever you like).  
Layer on a slice or two of cheddar cheese, or sprinkle on some shredded cheddar.



Make sure you have some apple juice or milk to drink – this is a sticky, crunchy sandwich!

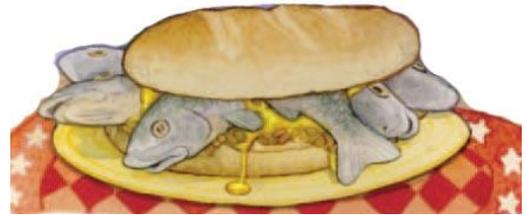
## Chopped Liver, Potato Chip and Cucumber Sandwich



Toast two slices of white or whole wheat bread.  
Spread a layer of sliced cucumber on one piece of bread.  
Spread prepared chopped liver (or vegetarian chopped liver) on top of that.  
Spread potato chips on top of that.  
If you like, you can spread ketchup on the top slice before you close the sandwich.

## Sardines and Mustard Sandwich

Slice open any roll.  
Spread mustard on both inner sides.  
Sprinkle sunflower seeds (no shells!) on the bottom slice. Place some sardines on that.  
Cover with top of roll.



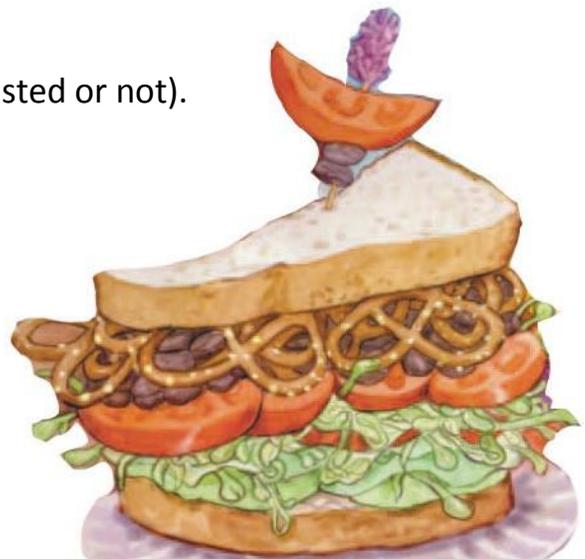
## Avocado and Russian Dressing Sandwich



Take two thick slices of bread.  
Mix ketchup and mayonnaise together to make Russian Dressing.  
Spread dressing on bread.  
Place sliced avocado on dressing.  
Sprinkle with salt, pepper, garlic powder and/or onion powder.  
Cover with second slice of bread.

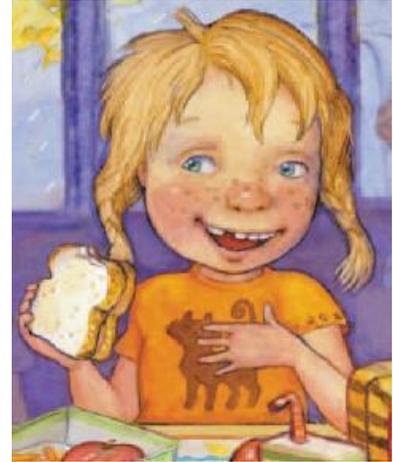
## Carla's Combo Deluxe

Spread mayonnaise on two slices of bread (toasted or not).  
Onto one of the slices, place layers of:  
shredded lettuce  
sliced tomatoes  
raisins  
bean sprouts  
and pretzels.  
Sprinkle on some salt and pepper.  
Decorate with a fancy toothpick! (But don't eat the toothpick! 😊 )



## Carla's Surprise

Spread peanut butter on one slice of bread. Spread jelly on another slice. Close the sandwich for a good old PB&J (peanut butter & jelly!)



## Try Carla's Classmates' Sandwiches:

USUAL & YUMMY	UNUSUAL & YUMMY
Baloney sandwich	Mustard, baked beans & French fries sandwich
Tuna salad sandwich	Spaghetti and soy sauce sandwich
Turkey sandwich	Asparagus and salad dressing sandwich
Corned beef sandwich	Pistachio and tangerine sandwich
Taco	Pizza sandwich
Chicken sandwich	Cream cheese and cucumber sandwich
Meatloaf sandwich	

Email us at [publicity@FlashlightPress.com](mailto:publicity@FlashlightPress.com) with YOUR favorite sandwich recipe, and we may add it to our Carla's Sandwich List!



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This cookbook was prepared by Flashlight Press, to be used alone or together with the book Carla's Sandwich by Debbie Herman, illustrated by Sheila Bailey, ISBN 9780972922524.

Also available in Spanish, El sándwich de Carla, ISBN 9780972922562

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