

Kitchen Korner

Pickles Create The Perfect Flavor Combination

(NAPSA)—A pickle and a sandwich. The long-term relationship between this “perfect couple” is getting a lot more intimate these days. No longer content to be a pretty garnish beside a handsome hunk of bread and meat, pickles, pickled peppers and sauerkraut are now appearing between the bread as well as on the plate.

It's no wonder. With their lively flavor and crispy texture, pickled vegetables can turn a plain sandwich into a knockout meal, for few added calories and no added fat. Here's how:

- Mix pickle relish or chopped pickled peppers into tuna or chicken salad for a change of pace. For a delicious and colorful egg salad, combine both dill pickle relish and chopped pickled peppers with chopped hard-cooked eggs, minced onion and mayonnaise.

- Burgers are better—and juicier—with pickle relish folded into the mix. Or, add sauerkraut to ground beef, grill and top with Swiss cheese and Russian dressing for a Reuben burger. Plain burgers get fancier when layered with bread-and-butter pickle chips or a scoop of sweet, hot or hamburger relish.

- Sauerkraut is second only to mustard as the nation's most popular adornment for the hot dog. It's great as is, but if you're looking for a change, try mixing chopped onion, sweet pickle relish and chopped, pickled hot cherry peppers with the sauerkraut and sautéing before spooning onto your frank.

- For a delicious vegetarian sandwich, stuff a pita with an assortment of your favorite chopped, sliced or julienned fresh vegetables, such as tomatoes, onions, peppers, zucchini, carrots, broccoli, snow peas and bean sprouts. Add a layer of sliced dill pickles and top with a sauce of plain, nonfat yogurt, Dijon mustard and fresh dill.

- Try “Tortilla Roll-Ups.” Arrange sliced, cooked chicken, turkey or beef down the center of a flour tortilla and top with chopped tomatoes, pickled pepper



Pickles add zip to just about any kitchen creation.

rings, salsa, shredded cheese and sour cream. For a vegetarian version, skip the meat and add refried beans instead.

- Sneak a surprise into even the most mundane sandwiches by adding a layer of thin, lengthwise-sliced pickle sandwich slices. Pickle slices really perk up turkey, roast beef, chicken, ham and even bologna. Go one step further and switch to a hearty whole grain bread and serve gherkins as a go-with.

- Say hooray for heroes topped with sauerkraut instead of lettuce. The sauerkraut packs a piquant punch and is always crispy and crunchy.

Next time you're in the mood for a hearty repast, try this contemporary version of a classic Ham and Cheese Sandwich:

4 slices hearty bread, such as sourdough

Mayonnaise (optional)

1 bunch fresh arugula, cleaned

Roasted red peppers

½ lb. thinly sliced Westphalian ham

**½ lb. thinly sliced brie
Cornichon pickles**

Spread 2 slices of bread with mayonnaise, if desired. Arrange arugula pieces to taste on each slice of bread. Top with equal amounts of peppers, ham, cheese and pickles in layers. Top with remaining slices of bread and serve. Serves 2.