

Grilled Vegetable Sandwich

Yield: 8 sandwiches
Serving size: 1 sandwich



Making vegetables using this technique is an easy way to create a delicious vegetarian entrée that boosts your vegetable intake.

Nutrition Facts	
Serving size	1 sandwich (387g)
Amount Per Serving	
Calories	330
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 59g	21%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 13g	26%
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 3mg	15%
Potassium 639mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

- 2 medium eggplants, sliced into ½-inch rounds
- 2 medium zucchinis, sliced lengthwise into ½-inch planks
- 2 medium yellow squash, sliced lengthwise into ½-inch planks
- 2 red bell peppers, split in half, seeds and membranes removed
- ¼ cup olive oil
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning or other dried herbs
- ½ teaspoon ground black pepper
- Thin, whole wheat sandwich bread, whole grain wrap, or whole grain bun
- 2 cups salad greens

DIRECTIONS

1. Pre-heat grill pan to medium-high.
2. In a small bowl, combine garlic powder, Italian seasoning, and black pepper.
3. Brush sliced vegetables with olive oil and spice mix.
4. Season with spice mixture.
5. Grill vegetables for 2–3 minutes on each side or until tender. Remove from grill and set aside.
6. Make pesto (see recipe).
7. Toast bread of choice.
8. Assemble sandwiches with pesto, salad greens, and grilled vegetables.

