

VEGGIE SANDWICH

This recipe was created by Nicole Chavez

Ingredients:

- 1 eggplant, peeled with the ends trimmed and discarded, sliced into $\frac{1}{4}$ inch thick slices lengthwise
- 1 yellow squash, ends trimmed and discarded, sliced into $\frac{1}{4}$ inch thick slices lengthwise
- 1 tbsp olive oil
- 1 tsp thyme
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp butter
- 2 slices Sourdough bread
- 2 Swiss cheese slices
- 2 slices of jarred roasted red peppers

Directions:

1. Drizzle the olive oil on the bottom of a grill pan. Place the eggplant and yellow squash slices in the pan, flipping them to lightly coat them in olive oil. Sprinkle the thyme, salt, and pepper over the eggplant and yellow squash slices.
2. Grill eggplant and yellow squash in the pan for about three minutes per side, or until the vegetables start to get soft and lightly browned. Take them off the heat and put them aside for later.
3. Butter two slices of bread. Lay one buttered slice of bread on the preheated surface. Begin to build the sandwich on the pan by placing a slice of Swiss cheese and then putting the grilled eggplant and squash over the cheese. Top that with roasted red peppers, spinach, and another slice of cheese. Put the final slice of buttered bread on top, buttered side up.
4. Cook for 2 minutes or until the bread begins to brown. Carefully flip the sandwich over and cook for another 2 minutes or until cheese is completely melted. Cover the pan while waiting for the bread to brown if the cheese isn't melting readily.



NUTRITIONAL INFORMATION

SERVING SIZE: 1 sandwich
CALORIES: 383 kcal
TOTAL FAT: 6 g
CARBOHYDRATE: 45 g
FIBER: 6 g
PROTEIN: 25 g
CALCIUM: 640 mg
IRON: 4mg
VITAMIN A: 392 mg
VITAMIN C: 80 mg



FUN NUTRITIONAL FACT!

Eggplants are an excellent source of fiber, which can aid in digestion and lower the risk for certain types of cancers.

Bartimeus P. Vegetables: *The Top 100 Healing Foods*. London: Duncan Baird Publishers; 2009.