

Gridiron Grilled Veggie Sandwiches

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Servings: 16

1 one-pound eggplant, trimmed and sliced lengthwise 1/4-inch thick
1/2 teaspoon salt, divided
2 tablespoons white balsamic vinegar
1 teaspoon Dijon or grainy mustard
5 tablespoons olive oil
1/4 teaspoon black pepper
1 sweet onion, peeled, trimmed and cut into 1/4-inch rings (about 5)
1 large (12 ounce) zucchini, trimmed and sliced lengthwise 1/4-inch thick
2 loaves (1 pound each) roasted garlic or traditional oval bread (unsliced)
1 cup jarred pesto
7 to 8 ounces smoked or traditional mozzarella cheese, sliced
1 cup jarred roasted red peppers

Preparation Time: 15 minutes

Bake: 35 minutes

Heat a grill or grill pan to medium-high.

Spread the eggplant slices on a sheet of paper towels and sprinkle with 1/4 teaspoon of the salt. Set aside to drain. Blot with paper towels.

In a small bowl, blend the remaining 1/4 teaspoon of salt, the vinegar and the mustard. While whisking, add the oil in a thin stream. Whisk in the pepper.

Brush the eggplant and onion with some of the dressing and grill for 4 minutes per side, turning once. Remove to a platter.

Brush the zucchini with the dressing and grill for 3 minutes per side, turning once (this may need to be done in batches). Transfer to the platter. Refrigerate overnight.

Preheat the oven to 350 degrees.

Slice the bread in half lengthwise. Spread each cut side with 1/4 cup of the pesto. Divide the eggplant slices between the loaves. Top with the zucchini, onion, cheese and roasted peppers. Replace the top crusts and wrap the loaves in foil.

Bake for 20 minutes, weighing down with a cast-iron skillet or foil-wrapped brick. Unwrap the loaves and bake an additional 10 to 15 minutes, until the cheese is melted and the sandwiches are warm throughout.

Cut each loaf into eight slices.

Per Serving (excluding unknown items): 49 Calories; 4g Fat (75.0% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 68mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	49	Vitamin B6 (mg):	trace
% Calories from Fat:	75.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	21.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	4g	Folacin (mcg):	9mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	68mg	Vegetable:	1/2
Potassium (mg):	104mg	Fruit:	0
Calcium (mg):	6mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	2mg		
Vitamin A (i.u.):	66IU		
Vitamin A (r.e.):	6 1/2RE		

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 49 **Calories from Fat:** 37

% Daily Values*

Total Fat 4g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrates 3g	1%
Dietary Fiber 1g	4%
Protein 1g	
Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.