

Italian Deli Sandwich Bites

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Servings: 16

1/2 cup extra-virgin olive oil
3 tablespoons red wine vinegar
Kosher salt
freshly ground pepper
1/2 head (about 3 cups) iceberg lettuce, very thinly sliced
1/2 cup pitted green olives
4 - 5 peperoncini peppers, stemmed
1/2 beefsteak tomato, seeded and diced
4 small focaccia squares or rolls, halved
1/2 pound provolone cheese, thinly sliced
4 ounces thinly sliced capocollo
4 ounces thinly sliced Genoa salami
4 ounces thinly sliced mortadella or bologna
4 ounces thinly sliced speck or prosciutto
dried oregano

Preparation Time: 20 minutes

In a small bowl, whisk the oil and vinegar. Season with salt and pepper. In a bowl, toss the lettuce with two tablespoons of the vinaigrette. Season with salt and pepper. Reserve the remaining vinaigrette.

In a food processor, pulse the olives and peperoncini until finely chopped. Scrape into a small bowl. Stir in the tomato.

Brush the cut sides of the focaccia with the remaining vinaigrette. Assemble the sandwiches: Divide the lettuce, olive mixture, provolone and cold cuts among half the focaccia. Sprinkle with oregano and set the tops into place, vinaigrette side down. Cut each into four small squares.

Start to Finish Time: 20 minutes

Capocollo is a dry-cured Italian salami made from pork neck. If you can't find it, just substitute your favorite cold cut, or double up on the prosciutto.

Per Serving (excluding unknown items): 117 Calories; 11g Fat (83.5% calories from fat); 4g Protein; 1g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 163mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

| | | | |
|----------------------|-------|--------------------|-------|
| Calories (kcal): | 117 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 83.5% | Vitamin B12 (mcg): | .2mcg |

| | |
|--------------------------------|-------|
| % Calories from Carbohydrates: | 3.6% |
| % Calories from Protein: | 12.9% |
| Total Fat (g): | 11g |
| Saturated Fat (g): | 3g |
| Monounsaturated Fat (g): | 6g |
| Polyunsaturated Fat (g): | 1g |
| Cholesterol (mg): | 10mg |
| Carbohydrate (g): | 1g |
| Dietary Fiber (g): | trace |
| Protein (g): | 4g |
| Sodium (mg): | 163mg |
| Potassium (mg): | 49mg |
| Calcium (mg): | 114mg |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 1mg |
| Vitamin A (i.u.): | 188IU |
| Vitamin A (r.e.): | 42RE |

| | |
|---------------------|-------|
| Thiamin B1 (mg): | trace |
| Riboflavin B2 (mg): | .1mg |
| Folacin (mcg): | 11mcg |
| Niacin (mg): | trace |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refused: | 0.0% |

Food Exchanges

| | |
|----------------------|-----|
| Grain (Starch): | 0 |
| Lean Meat: | 1/2 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 117 Calories from Fat: 97

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 11g | 17% |
| Saturated Fat | 3g | 17% |
| Cholesterol | 10mg | 3% |
| Sodium | 163mg | 7% |
| Total Carbohydrates | 1g | 0% |
| Dietary Fiber | trace | 1% |
| Protein | 4g | |

| | |
|------------------|-----|
| Vitamin A | 4% |
| Vitamin C | 1% |
| Calcium | 11% |
| Iron | 2% |

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