VitaMin

Vital health information in a minute

Photo: John Autry

GRILLED FARMERS' MARKET SANDWICHES

Yield: 4 servings (serving size: 1 sandwich)
Total time: 33 minutes

Ingredients

- 2 tablespoons olive oil, divided
- 8 (1/2-inch-thick) slices eggplant
- 2 (1/2-inch-thick) slices red onion
- 1 large zucchini, cut lengthwise into 4 pieces
- 2 teaspoons chopped fresh rosemary
- 1/4 teaspoon black pepper
- 1/8 teaspoon salt
- 1 tablespoon white balsamic vinegar
- 4 (2 1/2-ounce) ciabatta bread portions, cut in half horizontally
- Cooking spray
- 4 (1-ounce) slices provolone cheese, halved
- 8 (1/4-inch-thick) slices tomato
- 8 basil leaves

Preparation

1. Preheat grill to medium-high.
2. Brush 1 tablespoon olive oil evenly over both sides of eggplant, onion and zucchini. Sprinkle with rosemary, pepper and salt.
3. Combine 1 tablespoon oil and vinegar in a bowl. Brush vinegar mixture over cut sides of bread.
4. Place onion on grill rack coated with cooking spray, and grill for 6 minutes on each side or until tender. Remove from grill, and separate into rings. Grill eggplant and zucchini 4 minutes on each side or until tender. Cut zucchini pieces in half crosswise.
5. Place bread, cut sides down, on grill rack; grill 2 minutes. Remove from grill. Place 1 piece of cheese on bottom halves bread portions; top each serving with 1 eggplant slice, 1 tomato slice, 1 basil leaf, 2 pieces zucchini, one-fourth of onion rings, 1 eggplant slice, 1 tomato slice, 1 basil leaf, 1 piece of cheese and top half of bread. Place sandwiches on grill rack; grill 2 minutes, covered, or until cheese melts.

Nutritional information

Amount per serving

- Calories: 386
- Fat: 16.2 g
- Saturated fat: 5.9 g
- Monounsaturated fat: 7.1 g
- Polyunsaturated fat: 1.1 g
- Protein: 15.8 g
- Carbohydrate: 45.5 g
- Fiber: 6.4 g
- Cholesterol: 20 mg
- Iron: 3.2 mg
- Sodium: 670 mg
- Calcium: 249 mg

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