

Broiled Vegetable Sandwich with Creamy Pesto



Pesto gets vegetarian protein and a creamy texture from white beans, adding bold flavor to simple broiled vegetables topped with melted mozzarella for an Italian inspired handheld meal.

YIELD 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

For the Vegetables & Sandwiches:

¼ cup	Olive Oil
3 Tbsp	Balsamic Vinegar
½ tsp	Italian Seasoning
2 each	Eggplant, cut into ¼" round slices
2 each	Red Bell Pepper, cut into planks
6 each	Sandwich Thins, Whole Wheat, toasted
4 oz	Fresh Mozzarella, torn into small pieces
2 cups	Arugula, fresh

For the Creamy Pesto:

3 Tbsp	Walnuts, raw, unsalted
½ cup	White Beans, low-sodium, drained and rinsed
2 cloves	Garlic, roughly chopped
4 cups	Basil, fresh (or parsley, spinach, arugula, etc.)
¼ cup	Parmesan Cheese, grated
½ each	Lemon, juiced
3 Tbsp	Extra Virgin Olive Oil
¼ tsp	Kosher Salt
¼ cup	Water (as needed)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Preheat oven to 375°F.
2. In a small bowl, combine the olive oil, balsamic vinegar, and Italian seasoning. Whisk the dressing until combined.
3. Add the eggplant slices and bell pepper planks spread out in an even layer to two unlined sheet trays.
4. Use a pastry brush to brush each piece with a little dressing. Transfer to the preheated oven and bake for 5 minutes, then flip each piece, brush with the remaining dressing and bake for an additional 5 minutes, until soft and lightly browned on the edges. Remove from the oven and set aside. Turn on the broiler.
3. Meanwhile, prepare the creamy pesto sauce: add all the ingredients for the pesto, except the water, to a blender in the order listed. Blend on high speed until smooth and creamy, adding the water 1 Tbsp at a time and scraping down the sides, as needed.
4. Transfer the sheet trays with the vegetables under the broiler and broil until crisped and charred around the edges, about 1-2 minutes.

- Using tongs, rearrange the vegetables on the sheet tray into 6 piles made up of one piece of bell pepper layered on top of 2-3 slices of overlapping eggplant (try to make the stacks the diameter of the sandwich thins). Top the stacks with the torn mozzarella and transfer back to the broiler to melt the cheese.
- Assemble the sandwiches by adding 1 Tbsp of the creamy pesto to each side of the sandwich thin then topping the bottom thin with a layer of arugula, a cheesy vegetable stack, and topping off with the top thin. Enjoy!

Nutrition Facts	
6 servings per container	
Serving Size	1 Sandwich (354 g)
Amount per serving	
Calories	380
% Daily Value *	
Total Fat 22g	29%
Saturated Fat 4g	21%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	5%
Sodium 420mg	18%
Total Carbohydrate 39g	14%
Dietary Fiber 12g	44%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0.08mcg	0%
Calcium 230mg	18%
Iron 2mg	9%
Potassium 600mg	13%
<small>*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.</small>	

