

Roasted Vegetable Sandwich with Walnut Red Pepper Spread

Portions:

324	4	Item
36 loaves	8 pcs	Multi-grain bread, crusty, sliced
40 ½ ea	½ ea	Eggplant
40 ½ ea	½ ea	Red onion
81 ea	1 ea	Zucchini
3 1/3 cups	2 tsp	Walnut oil
6T+2t	¼ tsp	Salt
1 recipe	1 cup	Walnut and Red Pepper Spread (Muhammara)
10 lbs	1 cup	Arugula, baby

Method:

1. Heat oven to 400°F
2. Slice the eggplant into ¼ inch thick rounds. Salt them heavily and set aside 30 minutes
3. Rinse the eggplant under cold running water to remove the excess salt
4. Dry by pressing between towels
5. Remove the skins from the onion and slice it into ½ inch thick rounds
6. Remove the ends from the zucchini and then cut them in half. Slice each half ¼ inch thick to make planks about 1 inch by 2 inches by ¼ inch
7. Toss the vegetables with oil and salt and arrange on parchment lined sheet trays
8. Roast in the hot oven until tender and just starting to brown, about 12 minutes
9. Transfer the roasted vegetables to a refrigerator to cool
10. Construct the sandwiches in this order
 - a. Bread
 - b. Spread
 - c. Eggplant
 - d. Onion
 - e. Zucchini
 - f. Arugula
 - g. Spread
 - h. Bread

*bread can be lightly toasted for a more crunchy texture

TALKING POINTS:

- Whole grains, multiple servings of vegetables, walnuts and oils, pomegranate antioxidants

Nutrition Facts	
Serving Size (255g) Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 38g	13%
Dietary Fiber 9g	36%
Sugars 10g	
Protein 12g	
Vitamin A 15%	• Vitamin C 35%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	