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GRILLED MEDITERRANEAN VEGETABLE SANDWICH

ALLRECIPES.COM

Serves 6

Ingredients:

- 1 eggplant, sliced into strips
- 2 red bell peppers
- 2 tablespoons olive oil, divided
- 2 portobello mushrooms, sliced
- 3 cloves of garlic, crushed
- 4 tablespoons of mayonnaise
- 1 (1 pound) loaf focaccia bread

Preparation:

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Brush eggplant and red bell peppers with 1 tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Place on a baking sheet and roast in preheated oven. Roast eggplant until tender, about 25 minutes; roast peppers until blackened. Remove from oven and set aside to cool.
- 3 Meanwhile, heat 1 tablespoon olive oil and sauté mushrooms until tender. Stir crushed garlic into mayonnaise. Slice focaccia in half lengthwise. Spread mayonnaise mixture on one or both halves.
- 4 Peel cooled peppers, core and slice. Arrange eggplant, peppers and mushrooms on focaccia. Wrap sandwich in plastic wrap; place a cutting board on top of it and weight it down with some canned foods. Allow sandwich to sit for 2 hours before slicing and serving.

PER SERVING: 356 calories; Total Fat: 14.8g; Cholesterol: 3mg; Sodium: 500mg; Total Carbs: 48.3g; Dietary Fiber: 5.5g; Protein: 9g