



Vegetables 3 Ways Make a Satisfying Meal

Vegetable Sandwich

Ingredients

Marinated eggplant (see recipe below)
Portabello mushrooms, (one per person)
Red onion, sliced thick
Red bell peppers, cut into quarters with seeds and veins removed
Roma tomato, sliced
Romaine lettuce leaves, washed and dried
Soft roll
Soft cheese (we used Laughing Cow wedges, but any soft spreadable cheese will be great like brie, cream cheese, etc.)
Salt and pepper, to taste

Preparation

Prepare the marinated eggplant in advance. Grill the mushrooms, bell peppers and onion. Remove the blackened skin from the peppers if desired. Toast the sandwich roll if desired and spread the cheese on the top half. Assemble the sandwich, bottom roll, grilled red bell pepper, portabello mushroom (sliced), onion, marinated eggplant, fresh tomato and lettuce. Salt and pepper to taste. Drizzle with some of the eggplant vinaigrette. Place the cheesy roll on top and slice in half.



Marinated Eggplant

Ingredients

1-1 1/2 lbs eggplant
1/2 cup olive oil, plus olive oil to drizzle on the eggplant
1/2 cup red wine vinegar
1-2 teaspoons crushed red pepper flakes
3 garlic cloves, minced
1/2 teaspoon salt
1 teaspoon dried oregano

Preparation

Peel and slice the eggplants into 1/4 inch slices. Drizzle with olive oil and salt and pepper. Place on hot preheated BBQ grill for about five minutes on each side.

Mix the olive oil, vinegar, pepper flakes, garlic, salt and oregano in a jar and shake well. Remove the eggplant from the grill, slice into 1/2 slices and place in a glass dish with the marinade/dressing and marinate in the refrigerator for two hours or overnight.