
ROASTED VEGGIE PANINI

Nut-Free, Egg-Free, Vegetarian

Yield: 4 servings **Prep time:** 10 minutes **Total time:** 25 minutes



D'LISH

Ingredients

- 2 tbsp olive oil, divided
- 1 stalk broccoli, chopped
- 1/2 zucchini, diced
- 1/8 onion, diced
- 1/4 tsp basil
- 1/8 tsp black pepper
- 1/8 tsp salt
- Nonstick cooking spray
- 1 bell pepper, chopped
- 1 cup (4oz) fresh mozzarella, sliced
- 1 (2-foot-long) whole-grain loaf, cut into 4 equal lengths

Directions

1. Place a large, rimmed baking sheet in the oven. Preheat the oven to 450°F with the pan inside.
2. Prep ingredients: wash, chop, dice broccoli, zucchini, pepper and onion. Slice fresh mozzarella. Set ingredients aside.
3. In a large bowl, mix together 1 tbsp of oil with the broccoli, zucchini, onion, basil, pepper and salt.
4. Remove the baking sheet from the oven, and carefully coat the pan with nonstick cooking spray. Spread the vegetable mixture on the pan and roast for 5 minutes, stirring once halfway through.
5. Remove the pan from the oven. In your panini maker or large skillet over medium-high heat, heat the remaining tbsp of oil.
6. Build your sandwiches with your roasted vegetables and sliced mozzarella. Close the sandwiches, and place two of them on panini press/skillet. If you're using a panini press, close it and grill for 3-5

Grocery List

- Olive oil
- Broccoli
- Zucchini
- Onion
- Basil
- Black pepper
- Salt
- Nonstick cooking spray
- Roasted red peppers
- Fresh mozzarella
- Whole-grain bread

Kitchen Equipment

- Serrated & Chef's Knife
- Cutting board
- Measuring cups & spoons
- Baking sheet
- Large bowl
- Mixing spoon
- Large skillet

minutes until crust is golden and cheese has melted. For a skillet, place a heavy object on top (another skillet, large plate, pot lid) and grill for 2 1/2 minutes. Flip the sandwiches and grill for another 2 1/2 minutes.

7. Repeat the grilling process with the remaining two sandwiches.

Per serving: Calories: 352; Total Fat: 15g; Saturated Fat: 5g; Sodium: 658mg; Total Carbohydrates: 45g; Fiber: 2g; Protein: 16g

Ingredient/Prep tip

- Can add/use other vegetables like mushrooms, spinach, eggplant, leeks, cabbage, kale and asparagus (the more vegetables the better)
- May use different herbs like oregano, cilantro, parsley, paprika and garlic

Nutrition Information

- Making sandwiches from home allows you to control the ingredients, calories and boost nutrition. They are usually cheaper too! Pre-made sandwiches are typically high in refined carbohydrates, fat and sodium.
- Adding nutrient fiber- rich vegetables to your sandwiches add spice, flavor, crunch and health benefits to make your sandwich not only delicious but more filling and satisfying. Make yourself a goal to have at least 2 vegetables per sandwich.

Notes