



Summer Roasted Vegetable Toasted Sandwich

Makes 4 serving

Ingredients:

- 119 g red/orange bell pepper, raw
- 98 g small zucchini, raw
- 6 cherry tomatoes, yellow or red
- 1/4 c. whipped feta dip
- 6 basil leaves
- 4 sun-dried tomatoes, in oil
- 1/2 c. mixed salad leaves
- 4 Flavis ciabatta rolls
- 1 TBSP butter
- Optional: 2 slices - favorite low protein cheese, we used Chao, original. (Calculated into nutrition)

1. Preheat oven to 350F.

2. De-seed the peppers and cut into slices. Slice the zucchini into slices lengthways. Place on a baking tray, toss in oil liberally and sprinkle with sea salt and black pepper. Put in the oven for around 20 minutes.

3. Slice the ciabatta in half, spread with some vegan butter and cheese if using. Place on a baking tray.

4. Once the vegetables are cooked, turn the oven to grill and place the ciabatta in. Keep an eye on it so it doesn't burn and take it out when it is lightly toasted and the butter and cheese is melted if using.

5. Spread the whipped feta dip on top of the cheese, place the peppers and zucchini on top and then the cherry tomatoes, sun dried tomatoes, salad leaves and basil. Sprinkle some sea salt and pepper on top.

Nutritional Information: Serving size: 1 Sandwich | Protein per serving: 1.9 g | Calories per serving: 303