# Balsamic Zucchini Sandwich

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of the Vegan Culinary Experience

This quick sandwich combines the flavors of fresh zucchini sauteed in balsamic vinegar with the creaminess of roasted red pepper and cannellini bean spread.

## About the Recipe

**274 Calories · 16 g Protein · 11.3 g Fiber**
**Lunch**
**Nut-free**

## Ingredients

***Makes 2 Servings***

- 2 zucchini, cut lengthwise into 1/2-inch-thick (1-cm-thick) strips
- 4 cloves garlic, sliced
- 1 tbsp (15 mL) balsamic vinegar
- 1 c (185 g) rinsed cannellini beans
- 1 large roasted red pepper
- 2 whole-wheat sandwich rolls
- 6 fresh basil leaves
- 1/2 tsp (2.5 mL) freshly cracked black pepper

## Directions

1. Over medium-high heat, saute the zucchini strips in a single layer for about 1 minute (do not overcrowd the pan). 
2. Reduce the heat to medium. Add the garlic and balsamic vinegar and stir immediately. Saute this for about 30 seconds and remove from the heat.

3. Puree the white beans and roasted red pepper using a food processor or blender.
4. Toast the rolls. (If not already sliced to form a sandwich, slice the rolls before toasting them.) Whole-grain buns or bread can be used instead.
5. Spread half of the pureed beans on the bottom roll. Then add 3 basil leaves and half of the cooked zucchini slices, and finish off with a garnish of black pepper before putting the other half of the roll on top. Repeat with the second sandwich roll.
6. Making It Simple: Instead of making the roasted red pepper and white bean spread, simply use a commercial roasted red pepper hummus.
7. The Gourmet Touch: Instead of sauteing the zucchini slices, toss them in the balsamic vinegar and then grill them over mesquite wood.

# Nutrition Facts

*Per serving*

**Calories:** 274
**Fat:** 2.5 g
    **Saturated Fat:** 0.5 g
    **Calories from Fat:** 7.9%
**Cholesterol:** 0 mg
**Protein:** 16 g
**Carbohydrates:** 50.1 g
**Sugar:** 15.8 g
**Fiber:** 11.3 g
**Sodium:** 191 mg
**Calcium:** 126 mg
**Iron:** 4.3 mg
**Vitamin C:** 172.7 mg
**Beta-Carotene:** 1,489 mcg
**Vitamin E:** 1.8 mcg