Roasted Vegetable Sandwich with Walnut Red Pepper Spread

Portions:

<table>
<thead>
<tr>
<th>Portion</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>324</td>
<td>Multi-grain bread, crusty, sliced</td>
</tr>
<tr>
<td>36</td>
<td>Eggplant</td>
</tr>
<tr>
<td>40</td>
<td>Red onion</td>
</tr>
<tr>
<td>81</td>
<td>Zucchini</td>
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<tr>
<td>3 1/3</td>
<td>Walnut oil</td>
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<tr>
<td>6T+2t</td>
<td>Salt</td>
</tr>
<tr>
<td>1</td>
<td>Walnut and Red Pepper Spread (Muhammara)</td>
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<tr>
<td>10</td>
<td>Arugula, baby</td>
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</tbody>
</table>

Method:
1. Heat oven to 400°F
2. Slice the eggplant into ¼ inch thick rounds. Salt them heavily and set aside 30 minutes
3. Rinse the eggplant under cold running water to remove the excess salt
4. Dry by pressing between towels
5. Remove the skins from the onion and slice it into ½ inch thick rounds
6. Remove the ends from the zucchini and then cut them in half. Slice each half ¼ inch thick to make planks about 1 inch by 2 inches by ¼ inch
7. Toss the vegetables with oil and salt and arrange on parchment lined sheet trays
8. Roast in the hot oven until tender and just starting to brown, about 12 minutes
9. Transfer the roasted vegetables to a refrigerator to cool
10. Construct the sandwiches in this order
   a. Bread
   b. Spread
   c. Eggplant
   d. Onion
   e. Zucchini
   f. Arugula
   g. Spread
   h. Bread

*bread can be lightly toasted for a more crunchy texture

TALKING POINTS:

- Whole grains, multiple servings of vegetables, walnuts and oils, pomegranate antioxidants