

Roasted Vegetable Sandwiches w/ Kale Salad

SERVES 5

PREP TIME 35 minutes



Ingredients for Sandwiches

1 package Brioche hamburger buns (or another soft bun)
2 red, yellow, or orange peppers seeded and cut into 4-5 pieces
1 red onion
1 zucchini or squash sliced longways
1 small eggplant sliced longways
1 large ball fresh mozzarella cheese sliced into 1/4 inch wide circles
Olive oil
Balsamic glaze (I buy mine at the store, but it's easy to make your own by reducing over boiling water 8 ounces balsamic vinegar, 1/4 cup sugar, pinch of salt)
Salt/ pepper
Sliced fresh tomato (optional, in season only)
Sliced fresh avocado (optional)

Ingredients for Kale Salad

1/3 bag of pre-chopped kale or 2 heads of fresh kale
3 Tablespoons olive oil
2 Lemons
Salt / pepper

PREPARATION

You can cook the vegetables on a gas grill or in the oven. In oven, preheat to 425 and on the grill, turn burners to high.

Place all prepared vegetables (not tomato or avocado) to cook in a large bowl coat with about 2 tablespoons olive oil (don't soak just a drizzle) about 1 teaspoon salt and few grinds of fresh pepper.

Line up vegetables on a grill pan (or directly on grill grate if you prefer) or baking sheet (if cooking in the oven). Don't worry, the veggies can get cozy—stuff them on the pan but try not to layer them too much.

Cook vegetables for about 10-15 minutes. Keep an eye on them, as they can turn from crunchy to soggy pretty quickly. But don't worry even if they are a little soggy, they still taste good! If cooking in the oven, turn broiler on high for last 2-3 minutes to get a good char.

While the vegetables are cooking, make the kale salad. Here's the thing about kale—it needs a good massage or, honestly, we can all admit it's practically inedible. I like the bagged kale because it's already washed and chopped into slices that make it quick. But, if you buy the whole head, slice the entire thing into 1/4 inch pieces horizontally after you wash and dry. Place kale in large bowl, squeeze lemons and olive oil, sprinkle with salt and pepper...then...get ready to work. Massage the heck out of this green! Take big handfuls and squeeze, softening and breaking down the texture until you have squeezed all the kale at least twice. I promise, this completely changes kale into something soft and delicious!

Once the vegetables are done, place buns open-face on a baking sheet and place one disk of mozzarella on top, put baking sheet in the oven on "broil high" for 60-90 seconds while buns toast and cheese melts. Watch! You don't want to burn. I admit, I've burned before and they still taste good!

Arrange grilled veggies on top of buns, drizzle w balsamic glaze, serve kale salad on the side, but I like to put my kale on the sandwich for an extra bit of deliciousness. You can also add fresh sliced tomato (if in season) and avocado to the sandwich. It's as messy as a sloppy, greasy burger, but so much healthier.

TIP: while you are doing all this veggie chopping and drizzling and grilling, double or triple the ingredients and keep left overs for salad toppings, side dishes, or snacks! They will keep happily in your refrigerator for several days!

TIP: you can use any vegetables you like or leave out any you don't like or that are not in season.