

STARTER & SNACK

Dilled Goat Cheese Sandwich with Roasted Roma Tomatoes

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.54	117 kcal

The recipe Dilled Goat Cheese Sandwich with Roasted Roma Tomatoes can be made in roughly 45 minutes. Watching your figure? This lacto ovo vegetarian recipe has 135 calories, 8g of protein, and 7g of fat per serving. This recipe serves 4.

Ingredients

☐ 1 cup arugula leaves	☐ ¼ teaspoon freshly ground black pepper
☐ 1 tablespoon chopped fresh dill	☐ 4 ounce package goat cheese
☐ 1 ounce multigrain bread, toasted	☐ ½ teaspoon dried oregano
☐ 8 plum tomatoes, halved lengthwise	☐ ¼ teaspoon salt

EQUIPMENT Frying pan, Oven

Method

- 1 Preheat oven to 35
- 2 Lightly coat both sides of tomatoes with cooking spray. Arrange tomatoes in a single layer, cut sides up, on a jelly roll pan coated with cooking spray.
- 3 Sprinkle evenly with oregano and salt.
- 4 Bake at 350 for 1 hour.

- 5 Combine dill, pepper, and cheese; spread 1 tablespoon over each bread slice. Arrange 4 tomato halves and 1/4 cup arugula on each of 4 bread slices. Top with remaining bread slices.
- 6 Serve immediately.

Nutrition per serving

117	7 g	7 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.2 g · 26% of daily needs
Fibre			2.1 g · 9% of daily needs
Sugar			3.9 g · 4% of daily needs
Sodium			289 mg · 13% of daily needs
Cholesterol			13 mg · 4% of daily needs
Vitamin C			17.8 mg · 22% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/dilled-goat-cheese-sandwich-with-roasted-roma-tomatoes-147543