

DINNER

Roasted Pepper and Goat Cheese Sandwiches

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
80 min	10 min	70 min	6	\$3.33	392 kcal



If you want to add more lacto ovo vegetarian recipes to your repertoire, Roasted Pepper and Goat Cheese Sandwiches might be a recipe you should try. This recipe makes 6 servings with 392 calories, 18g of protein, and 16g of fat each.

Ingredients

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| ☐ 1 tablespoon balsamic vinegar | ☐ 8 basil leaves |
| ☐ 1 teaspoon freshly ground black pepper | ☐ 2 tablespoons drained capers |
| ☐ 1 large ciabatta bread, halved horizontally | ☐ 2 cloves garlic, minced |
| ☐ 11 ounce garlic-and-herb or plain goat cheese (recommended: Montrachet) at room temperature | ☐ 2 teaspoon kosher salt |

☐ 6 servings Kosher salt and freshly ground black pepper

☐ 2 tablespoons good olive oil

☐ 3 slices thin slices red onion

☐ 4 large red or yellow bell peppers, preferably Holland

EQUIPMENT Bowl, Frying pan, Oven, Plastic wrap, Aluminum foil

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 500 degrees F.
- 3 Place the whole peppers on a sheet pan and place in the oven for 30 to 40 minutes, until the skins are completely wrinkled and the peppers are charred, turning them twice during roasting.
- 4 Remove the pan from the oven and immediately cover it tightly with aluminum foil. Set aside for 30 minutes, or until the peppers are cool enough to handle.
- 5 Meanwhile, combine the olive oil, balsamic vinegar, garlic, salt, and pepper in a small bowl. Set aside.
- 6 Remove the stem from each pepper and cut them in quarters.
- 7 Remove the peels and seeds and place the peppers in a bowl along with any juices that have collected. Discard the stems, peels, and seeds.
- 8 Pour the oil and vinegar mixture over the peppers. Stir in the capers. Cover with plastic wrap and refrigerate for a few hours to allow the flavors to blend.
- 9 To assemble the sandwiches, spread the bottom half of the loaf with the goat cheese.
- 10 Add a layer of peppers and then a layer of basil leaves. Separate the onions into rings and spread out on top.
- 11 Sprinkle with salt and pepper. Cover with the top half of the ciabatta and cut into individual servings.

Nutrition per serving

392

KCAL

18 g

PROTEIN

16 g

FAT

45 g

CARBS

Saturated Fat

8.6 g · 54% of daily needs

Fibre

2.3 g · 9% of daily needs

Sugar

1.2 g · 1% of daily needs

Sodium

1,412 mg · 61% of daily needs

Cholesterol

23.9 mg · 8% of daily needs

Vitamin C

229 mg · 277% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/roasted-pepper-and-goat-cheese-sandwiches-148292