

DINNER

Roasted Vegetable Sandwiches

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
62 min	12 min	50 min	6	\$2.22	358 kcal

Roasted Vegetable Sandwiches is a main course that serves 6. Watching your figure? This lacto ovo vegetarian recipe has 358 calories, 16g of protein, and 13g of fat per serving. For \$2.22 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. 1 person were impressed...

Ingredients

- ☐ 0.1 teaspoon black pepper
- ☐ 1/4 cup light mayonnaise
- ☐ 4 ounces cup preshredded part-skim mozzarella cheese
- ☐ 1/4 teaspoon salt
- ☐ 18½ ounce package wheat rolls, toasted and sliced in half
- ☐ 1 pound zucchini, cut into 1/2-inch-thick slices
- ☐ 1 tablespoon Dijon mustard
- ☐ 1 tablespoon olive oil
- ☐ 6 ounce package presliced Portobello mushrooms
- ☐ 5 oil-packed sun-dried tomato halves, drained
- ☐ 1 pound yellow squash, cut into 1/2-inch-thick slices

EQUIPMENT Food processor, Frying pan, Oven, Aluminum foil, Ziploc bags, Spatula

Method

- 1

Preheat oven to 45
- 2

Combine first 4 ingredients in a heavy-duty zip-top plastic bag; seal and shake to coat with oil.

- 3 Arrange vegetable mixture in a single layer on a large foil-lined jelly roll pan.
- 4 Bake at 450 for 20 minutes; turn vegetables with a spatula.
- 5 Bake 20 minutes or until lightly browned.
- 6 Combine tomato and next 4 ingredients in a food processor; process until smooth.
- 7 Spread tomato mixture evenly on top half of each roll. Arrange vegetable mixture evenly over bottom half of each roll. Top evenly with cheese and remaining halves of rolls. Wrap each sandwich in foil.
- 8 Bake at 450 for 10 minutes or until cheese melts.

Nutrition per serving

	358 KCAL	16 g PROTEIN	13 g FAT	47 g CARBS
Saturated Fat				3.9 g · 24% of daily needs
Fibre				5.6 g · 22% of daily needs
Sugar				10.9 g · 12% of daily needs
Sodium				731 mg · 32% of daily needs
Cholesterol				13.6 mg · 5% of daily needs
Vitamin C				27.1 mg · 33% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/roasted-vegetable-sandwiches-148205