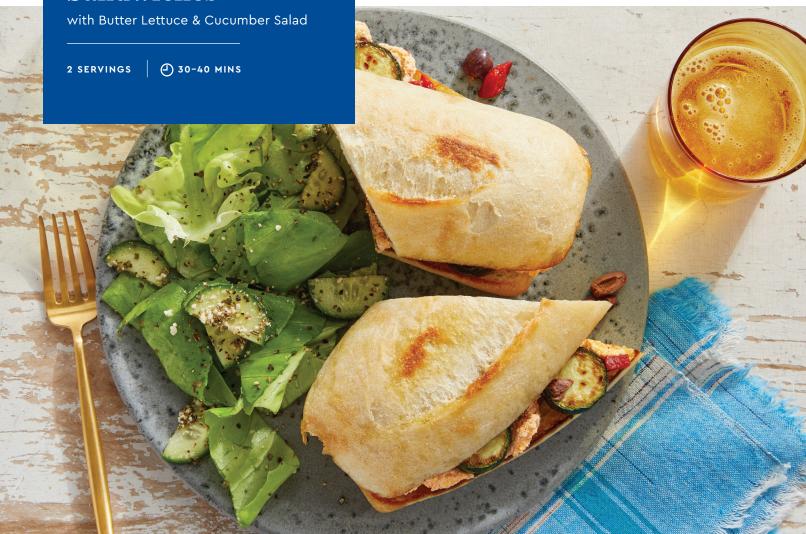
Zucchini & Ricotta Sandwiches





Ingredients



2 Small Baguettes



1 clove Garlic



½ cup Part-Skim Ricotta Cheese



1 oz Pitted Niçoise Olives



1 head Butter Lettuce



1 Persian Cucumber



1 ½ tsps Calabrian Chile Paste



2 Tbsps Rice Vinegar



1 Zucchini



1 oz Sliced Roasted Red Peppers



1/4 cup Grated Parmesan Cheese



1 Tbsp Italian Seasoning¹



Prepare the ingredients & make the Italian dressing

- Wash and dry the fresh produce.
- Cut the zucchini into 1/2-inchthick rounds.
- Halve the baguettes.
- Peel 1 clove of garlic.
- In a bowl, combine the ricotta, a drizzle of olive oil, and as much of the chile paste as you'd like, depending on how spicy



- Roughly chop the **peppers**.
- Roughly chop the **olives**.
- Cut off and discard the root end of the lettuce; roughly chop the leaves.
- Halve the **cucumber** lengthwise, then thinly slice crosswise.
- In a large bowl, combine the **chopped lettuce** and **sliced cucumber**.
- In a separate bowl, whisk together half the vinegar (you will have extra), half the Italian seasoning (you will have extra), half the parmesan, and 1 tablespoon of olive oil.

2 Brown the zucchini

- In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- Add the zucchini rounds in an even layer; season with salt and pepper. Cook 2 to 3 minutes per side, or until browned.
- Transfer to a plate.
- Wipe out the pan.

Toast the baguettes

- In the same pan, heat 1 tablespoon of olive oil on medium until hot.
- Add the halved baguettes, cut side down. Cook 4 to 6 minutes, or until browned. Flip and cook 2 to 3 minutes, or until lightly browned (if the pan seems dry, add a drizzle of olive oil before flipping).
- Transfer to a work surface.
- Carefully rub the cut sides with the **peeled garlic clove**, then discard the clove. Season with salt and pepper.







4 Assemble the sandwiches

- · Assemble the sandwiches using the toasted baguettes, spicy ricotta, browned zucchini, chopped peppers, and chopped olives.
- Carefully halve the sandwiches on an angle.



5 Make the salad & serve your dish

- Just before serving, to the bowl of prepared lettuce and cucumber, add enough of the Italian dressing to coat (you may have extra); season with salt and pepper. Toss to coat.
- Serve the sandwiches with the salad on the side. Garnish the salad with the remaining parmesan. Enjoy!



Calories: 610, Total Carbohydrates: 56g, Dietary Fiber: 5g, Added Sugars: 0g, Total Fat: 35g, Saturated Fat: 8g, Protein: 18g, Sodium: 1310mg.

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