

Customize Your Lunch Plate:
A Virtual Dining Experience with Libby Mills

Presented by COPE
Menu for March 23, 2021

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#NationalNutritionMonth, #MediterraneanDiet #Italy #Greece #Lunch*

Mediterranean Sandwich

This sandwich is delicious hot or cold. It can be made in advance as well.

Makes 1 sandwich
Prep time: 5 minutes
Cook time: 0 minutes
Total time: 5 minutes

Ingredients	Equipment and Tools
<ul style="list-style-type: none">• 3-inch piece of a baguette, sliced in half lengthwise• 2 teaspoons extra virgin olive oil• 3 kalamata olives, pitted, cut in half• ¼ cup low-fat shredded mozzarella• 1 small tomatoes• 4 ½-inch slices red peppers• 1 cup spinach• 3 basil leaves• 1/8-¼ teaspoon garlic powder• A pinch of red pepper flakes	<ul style="list-style-type: none">• Oven• Potholders• Tray• Parchment paper• Paring knife• Serrated knife• Chef knife• Cutting board• Microwave safe small mixing bowl• Plastic wrap• Fork• Table knife• Tablespoon• Spoon measures: 1/8 teaspoon

Preparation steps:

1. Place a piece of parchment paper on a baking tray.
2. Place the spinach and slices of red pepper into a microwave safe bowl. Cover with plastic wrap. Cook on high for 30 seconds to 2 minutes until the spinach is wilted.
3. Using a potholder to handle the bowl, carefully lift the plastic wrap so that your hands and fingers are away from the steam trapped underneath. Continuing to use the potholder to handle the bowl, hold the spinach in place and drain any excess liquid.
4. Sprinkle the spinach with garlic powder and red pepper flakes.

5. Drizzle olive oil on the inside of each bread half.
6. Cut each olive in half.
7. On the bottom slice of bread, layer the spinach and red pepper. Sprinkle with garlic powder and red pepper flakes. Add the olives and mozzarella. Place onto the parchment paper covered tray.
8. Place the tray on the top rack in the oven and heat under the broiler for 2 minutes or until melty and golden. Remove from the oven and set aside.
9. Turn off the oven and place the top portion of the sandwich bread on the middle rack. Close the oven door.
10. In the meantime, cut the tomato into slices. Layer the tomato slices and basil leaves on the warm half of the sandwich with the melted mozzarella.
11. Remove the bread from the oven and place on top of sandwich.

Buon Appetito!

Nutrition analysis per sandwich:

380 calories; 13.9 g protein; 37.4 g carbohydrates; 3.7 g fiber; 0 g added sugar; 18.6 g total fat; 4.5 g saturated fat; 8.8 g monounsaturated fat; 1.2 g polyunsaturated fat; 18.1 mg cholesterol; 775 mg sodium.