

# CHOPPED ITALIAN VEGGIE SUB SANDWICH

SERVES: 1 | SERVING SIZE: 1 sub sandwich | PREP: 20 minutes | READY: 25 minutes

## INGREDIENTS

### Sandwich ingredients

- 2 medium-sized romaine lettuce leaves (patted dry after washing)
- 1 radicchio leaf (patted dry after washing)
- 2 slices green pepper
- 1 slice tomato
- 1 to 2 thin slices red onion
- 1/3 cup (1 ounce) shredded part-skim mozzarella cheese
- 1 (6-inch) baguette, whole-grain preferred

### Vinaigrette dressing ingredients

- 1/4 cup red wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons granulated sugar
- 1 teaspoon dried oregano
- 1 small clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper



## DIRECTIONS

**To prepare sandwich ingredients**, stack romaine lettuce, radicchio, green pepper slices, tomato slice, and red onion slice(s) on a large cutting board. Chop vegetable ingredients together to a diced consistency. Place chopped vegetables in a large bowl and add shredded mozzarella cheese (this vegetable and shredded cheese mixture yields about 1 1/4 to 1 1/2 cups).

Cut a 6-inch baguette in half lengthwise and remove some bread from the center of each half, creating a well or channel for the vegetable and cheese mixture to lay. Set aside until ready to assemble sandwich.

**To prepare vinaigrette dressing**, add red wine vinegar, olive oil, sugar, dried oregano, garlic, salt, and black pepper to a jar with a tight-fitting lid. Shake until well combined. Pour **two tablespoons of dressing** over chopped vegetables and shredded cheese, and toss to combine. **There will be enough dressing remaining to make two additional sandwiches.**

**To assemble the sandwich**, begin piling the sandwich mixture onto each half of the hollowed-out baguette. Lightly press mixture down onto the bread, filling each half of the roll. Bring the two filled sandwich halves together, slice in half, and serve.

**Cook's note:** For best results, make the chopped sub right before serving. The vegetables in this recipe hold a lot of moisture, which can create a soggy sandwich if left to sit too long.

## NUTRITION INFORMATION PER SERVING

448 calories, 16 g total fat, 4 g saturated fat, 0 g trans fat, 18 mg cholesterol, 674 mg sodium, 60 g total carbohydrate, 4 g dietary fiber, 7 g total sugars, 3 g added sugars, 17 g protein, 0 mcg (0%) vitamin D, 268 mg (20%) calcium, 4 mg (20%) iron, 264 mg (6%) potassium

