

## Grilled Veggie Sandwiches

**Serves: 4**

### Ingredients

3 Tbsp balsamic or red wine vinegar	1 small red onion, peeled and cut into ½ inch slices
2 tsp extra virgin olive oil	Cooking spray
¼ cup plus 1 Tbsp fresh basil leaves, chopped	¼ cup plain, non-fat yogurt
1 small eggplant, sliced into thin rounds	2 Tbsp reduced-fat mayonnaise
1 zucchini, sliced thin.	1 tsp lemon juice
1 yellow summer squash, sliced thin	8 slices whole grain sandwich bread
1 red bell pepper, seeded and sliced thin	Salt and freshly ground pepper, to taste

### Directions:

- Mix the vinegar, oil and ¼ cup basil in large bowl. Add the vegetables and toss to coat. Let the vegetables sit in the marinade for several minutes.
- Meanwhile, heat a grill or preheat your oven's broiler. Lightly spray a grilling pan with cooking spray and add the marinated vegetables. Grill or broil until the vegetables are tender and lightly browned, turning frequently to brown all sides and avoid charring.
- Transfer to a plate and set aside to cool. Vegetables may be grilled in advance and refrigerated, wrapped in plastic, for up to 3 days. Bring the chilled vegetables to room temperature before assembling sandwiches.
- Make the spread by mixing together the yogurt, mayonnaise, remaining basil and lemon juice. Mix together until well combined and smooth.
- To assemble the sandwiches, spread the yogurt mixture on one side of the 4 slices of bread. Next divide the vegetables evenly between each. Sprinkle lightly with salt and pepper and top each sandwich with remaining slices of bread. Slice and serve.

**Nutrition per serving:** 250 Calories, 7 g total fat (1 g saturated fat), 42 carbohydrates, 9 g protein, 10 g dietary fiber, 390 mg sodium.