



## Vegetarian Muffuletta Sandwich

By Chef Veera Gaul, Ph.D.



### Ingredients

- ½ cup [Garlic EVOO](#) \*
- ¼ cup [Tuscan Herb EVOO](#) \*
- 10 cloves of garlic, peeled
- ½ teaspoon chili flakes
- 2-4 slices of O&V **Roasted Red Pepper** \*
- 4 large portobello mushroom caps
- 1 ½ lbs eggplant cut into ½ inch rounds
- 2 yellow squash, sliced lengthwise in ¼ inch thick pieces
- 2 zucchinis, sliced lengthwise in ¼ inch thick pieces
- 1 jar O&V **Muffuletta Mix** \*
- ¼ cup minced fresh parsley
- 6-8 slices of Provolone cheese
- One 10-inch round loaf Italian Bread

### Preparation

Stir together the Garlic EVOO, Tuscan Herb EVOO, garlic cloves and chili flakes in a small saucepan over low heat (undisturbed) for about 12-15 minutes until garlic is softened and golden brown in spots. Remove from heat and let cool to room temperature. Remove the garlic cloves from the oil and mash in a bowl until smooth.

Preheat the oven to 450F. Place a wire rack inside rimmed baking sheets.

Brush the sliced eggplant, sliced zucchini, squash and portobello mushrooms with the cooled oil. Season with salt and pepper and divide among the wire racks in a single even layer. Roast until vegetables are tender and browned in spots (about 20-25 minutes) turning the vegetables halfway through. (You can also choose to place the oven racks under the broiler for 3-5 minutes for squash, zucchini and eggplant and 5-7 minutes for mushrooms)

While vegetables are roasting Stir the mashed garlic cloves into the muffuletta mix and add the minced parsley. Mix well.

Cut the Italian loaf in half horizontally. Spread the bottom half generously with about half of the muffuletta mix. Top with the mushroom caps, bell pepper slices, squash slices, eggplant and then zucchini slices (in that order). Top that off first with the provolone cheese, then with the remaining muffuletta mixture, add the top half of the bread. Press down gently.

Wrap the sandwich tightly in multiple layers of plastic wrap, place on a chopping board and top with a cast iron pan or other heavy object. Let it rest for 1-2 hours at room temperature.

Unwrap, cut into 6 wedges (you may skewer the pieces for easier slicing) and serve.

Serves 6

Active time 35 minutes, Total Time 95 minutes includes one hour of resting

### **Chef Note**

Want a more classic Muffuletta, replace the veggies in this version with ½ lb each of deli sliced salami, capicola, mortadella and smoked mozzarella. Layer on top of the muffuletta mix alternating meat and cheese along with the provolone from the original recipe.

### **Notes**

\* The [Garlic EVOO](#) and [Tuscan Herb EVOO](#) add delicious flavor to the vegetables and the entire sandwich. If you decide to use an [Unflavored Oil](#), double the garlic and add some whole herbs like rosemary, oregano and thyme to the oil while heating. The **Roasted Red Peppers** and **Muffuletta Mix** are available at [Oil & Vinegar](#) stores. You are welcome to roast your own red peppers at home and feel free to email me for my home made muffuletta olive salad recipe.



Categories: Entrée, Dairy Free Option, Vegetarian, Plant Based, Picnic Sandwich, Vegetable Sandwich, Muffuletta, Taste of New Orleans, Roasted Red Pepper, Muffuletta Olive Salad, Garlic EVOO, Tuscan Herb EVOO, Dinner Sandwich, Lunch