

Mediterranean Sandwiches



At a glance

Prep 10 min.	Total 15 min.	Serves 2

Broil: 5 min.

You won't miss the meat in these mouthwatering sandwiches that feature a scrumptious combination of eggplant, hummus and feta cheese.

What You'll Need

- 1/2 of 1 small eggplant, cut into **6** (1/4-inch) slices
- Olive oil cooking spray
- 2 Pepperidge Farm® *Deli Flats*® 7 Grain Thin Rolls, split
- 2 tablespoons red pepper-flavored hummus
- 2 tablespoons crumbled feta cheese

How to Make It

- 1 Place the eggplant onto a baking sheet. Spray the eggplant with the cooking spray.
- 2 Heat the broiler. Broil the eggplant 4 inches from the heat for 5 minutes or until the eggplant is browned, turning the eggplant over halfway through broiling.
- 3 Spread **half** the hummus on **each** bottom roll half. Divide the eggplant and cheese evenly between the bottom roll halves. Top with the top roll halves.

Recipe Nutritional Information

Made With	Pepperidge Farm 7 Grain Thin Rolls
Calories	172
Total Fat	4g
Saturated Fat	1g
Cholesterol	8mg
Sodium	339mg
Total Carbohydrate	27g
Dietary Fiber	9g
Protein	9g
Vitamin A	1%DV
Vitamin C	3%DV
Calcium	10%DV
Iron	10%DV

Garden Vegetable Soup



At a glance



Prep
15 min.



Total
30 min.



Serves
5

Servings: about 1 cup each

Cook: 15 min.

When you think about vegetable soup, you think of carrots, celery and onions...but this scrumptious soup features zucchini, tomatoes and peppers with a splash of red wine vinegar that really sets it apart from the rest of the pack.

What You'll Need

Vegetable cooking spray

1 medium onion, finely chopped (about 1/2 cup)

2 cloves garlic, minced

1 medium zucchini, coarsely chopped (about 1 1/2 cups)

1 large green pepper, chopped (about 1 cup)

2 cups Swanson® *Natural Goodness*® Chicken Broth

1 cup canned crushed tomatoes

2 teaspoons red wine vinegar

Freshly ground black pepper

Chopped fresh basil leaves (optional)

How to Make It

- 1 Spray a 4-quart saucepan with the cooking spray and heat over medium-high heat for 1 minute. Add the onion and garlic and cook for 2 minutes or until they're tender-crisp, stirring often. Add the zucchini and green pepper and cook until they're tender-crisp.
- 2 Stir the broth, tomatoes and vinegar in the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the vegetables are tender. Season with the black pepper. Garnish with the basil, if desired.

Recipe Nutritional Information

Made With	Natural Goodness Chicken Broth
Calories	46
Total Fat	0g
Saturated Fat	0g
Cholesterol	0mg
Sodium	353mg
Total Carbohydrate	9g
Dietary Fiber	2g
Protein	3g
Vitamin A	10%DV
Vitamin C	33%DV
Calcium	3%DV
Iron	4%DV