



LUNCH | PEAK SEASON: Summer

Marinated Veggie Muffaletta Sandwich

Recipe by: Chad Cherry

Yields: 4 servings

Prep Time: 25 minutes (plus marinating)

Chill Time: At least 1 hour (can be made ahead)

Nutritional Info

Calories: 290

Fat: 15g

Carbs: 25g

Sugars: 5g

Fiber: 3.5g

Sodium: 750mg

Protein: 6g

*see additional
info for low sodium options

Ingredients

Olive Spread (Muffaletta-style Tapenade)

- $\frac{3}{4}$ cup mixed olives, pitted and chopped (green + Kalamata)
- 2 tbsp capers
- 1 clove garlic, minced
- 1 tbsp fresh parsley or basil, chopped
- 2 tbsp olive oil
- 1 tsp red wine vinegar or lemon juice
- Pinch of crushed red pepper flakes (optional)

Marinated Vegetables

- $\frac{1}{2}$ cup **cucumber**, thinly sliced
- $\frac{1}{2}$ **red bell pepper**, thinly sliced
- $\frac{1}{2}$ **yellow bell pepper**, thinly sliced
- $\frac{1}{2}$ **red onion**, thinly sliced
- 1 small **tomato**, sliced
- 1 small **summer squash (zucchini or yellow)**, thinly sliced
- 1 cup **mushrooms** (cremini or portobello), thinly sliced
- 2 tbsp **coconut aminos**
- 1 tbsp **olive oil**
- 1 tbsp **apple cider vinegar**
- Season to taste

Instructions

1. Make the Olive Spread

- In a food processor or by hand, finely chop olives, capers, garlic, and herbs. Mix in olive oil, vinegar/lemon juice, and red pepper flakes. Set aside or refrigerate.

2. Marinate the Vegetables

- In a large bowl, toss cucumber, peppers, onion, squash, mushrooms, and tomatoes with coconut aminos, olive oil, vinegar, salt, and pepper.
- Let marinate for at least 30 - 60 minutes in the fridge (or overnight for deeper flavor).

3. Prepare the Bread

- Slice your round loaf in half horizontally.
- Optional: Scoop out some of the bread interior to make space for fillings.
- Spread olive tapenade generously on both sides.
- Optionally spread vegan cheese or hummus for creaminess.

4. Assemble the Sandwich

- Layer marinated vegetables evenly across the bottom half.
- Add greens if using.
- Press the top half of the bread on firmly.

5. Press & Serve

- Wrap the whole sandwich tightly in parchment or foil.
- Press under a weighted object (a cast iron pan or books) for 30 minutes in the fridge to help the flavors meld and compress.
- Slice into wedges and serve cold or room temp.

Additional Info

For Lower sodium, use less olives and capers and replace with roasted red peppers and/or sun dried tomatoes.

Optional: baby greens, arugula, vegan cheese spread, or roasted garlic hummus

More recipes online
at freshrxok.org/recipes

