

Tomato & Smoked Mozzarella Sandwiches

Take a classic combination like fresh tomatoes and mozzarella, add a couple flavor-packed ingredients like olives and sun-dried tomatoes, put it between two pieces of crusty bread and you'll have a satisfying weekend lunch or an easy warm-weather supper.

Ingredients:

- 1/3 cup sun-dried tomatoes (not oil-packed)
- 1 clove garlic, crushed and peeled
- 1/4 teaspoon salt, plus more to taste
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice
- 1/8 teaspoon crushed red pepper
- 1/4 cup chopped olives
- 8 slices sourdough bread, preferably whole-grain
- 4 ounces fresh mozzarella, preferably smoked, cut into 1/4-inch-thick slices
- Freshly ground pepper to taste
- 3 vine-ripened tomatoes, sliced
- 2 teaspoons balsamic vinegar
- 1 cup fresh basil leaves

Directions:

- Place the sun-dried tomatoes in a bowl and cover with boiling water. Let plump for 10 minutes.
- On a cutting board, mash the garlic and 1/4 teaspoon salt with the side of a knife until it's a smooth paste. Transfer to a bowl and whisk in 1 tablespoon oil, the lemon juice and crushed red pepper.
- Drain the tomatoes and finely chop. Add to the bowl with the dressing, along
- with the olives; mix well.
- Spread the tomato mixture on half the bread. Layer on cheese slices, some pepper, then the tomato slices; season with salt and vinegar. Top with several basil leaves. Brush the remaining 1 tablespoon oil over the remaining bread slices and set them on the sandwiches.

Tips

- Prepare the tomato spread (Steps 1-3); cover and refrigerate for up to 4 days.

Yield: 4 servings

Nutritional Information: 351 calories; 11 g fat (1 g sat, 5 g mono); 5 mg cholesterol; 40 g carbohydrate; 18 g protein; 7 g fiber; 740 mg sodium; 279 mg potassium.

Recipe Source: EatingWell: November/December 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.