



Grilled Pepper and Portabella Mushroom Sandwich

1 large red bell pepper	½ cup extra virgin olive oil	4 whole wheat buns
1 large tomato	Salt and pepper to taste	4 1-ounce slices fresh mozzarella cheese
1 small sweet onion	4 portabella mushroom caps, ¾ inch thick	4 tablespoons garlic hummus
16 fresh basil leaves		

Preheat outdoor grill to medium heat; **spray** grill grid and grill skillet with non-stick cooking spray. **Cut** pepper in half; **remove** core and seeds. **Cut** lengthwise, in ½ to 1 inch strips. **Cut** tomatoes and onion into ½ inch slices. **Wash** basil and remove stems. **Whisk** salt and pepper with olive oil. **Brush** both sides of mushroom caps with seasoned oil. **Place** on grill grate and cook until tender. **Remove** and keep warm. **Brush** pepper strips and onion slices with seasoned oil; **put** in grill skillet and **place** on grill. **Cook** until tender. **Separate** the buns and lightly **brush** halves with seasoned oil; **place** halves, oil

side down, on grill grate; **grill** until warm with grill marks. On the bottom bun, **add** 1 slice mozzarella cheese. **Heat** until slightly melted. **Remove** from grill. On top of the cheese, **add** one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. **Spread** top half of bun with one tablespoon hummus and **add** to sandwich.

Yield: 4 sandwiches

Nutritional Analysis: 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.

Kentucky Peppers

SEASON: June to September

NUTRITION FACTS: Sweet and hot peppers are low in calories, high in vitamin C and are a good source of vitamin A. One raw, medium sized pepper has around 20 calories. Red peppers are higher in vitamins A and C than green peppers. Hot peppers also contain capsaicin, an antioxidant found in its membranes and seeds. Removing these will make the pepper milder.

SELECTION: Select peppers that have firm, smooth skin. Avoid flabby, wrinkled or soft peppers.

STORAGE: Store unwashed in a paper towel then refrigerate in a plastic bag for up to ten days. Rinse before using.

PREPARATION: Wash carefully without bruising. Peppers can be served raw, grilled, stuffed or roasted. Add them to salads, casseroles or Mexican dishes.

PRESERVING: Peppers can be preserved by freezing, drying or canning.

To freeze: Wash, stem and seed peppers. Package, leaving no head space. Seal and freeze.

KENTUCKY PEPPERS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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