

Vegetable Triangles (sandwiches)

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 16 appetizers

*1 pound butternut pumpkin
oil
8 slices soy and linseed bread
1 tablespoon tomato salsa
sliced marinated eggplant
coriander leaves
sliced spring onion*

Preheat the oven to 400 degrees.

Cut the pumpkin into chunks. Place in a baking dish. Drizzle with oil.

Bake for one hour or until tender. Cool, then mash.

Spread four slices of the bread with the tomato salsa. Top each slice with marinated eggplant, coriander leaves and spring onion.

Spread four more slices of the bread with the mashed pumpkin and place face down on top.

Remove the crusts and cut into triangles.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0

Cholesterol (mg): 0mg
Carbohydrate (g): 0g
Dietary Fiber (g): 0g
Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

% Daily Values 0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrates 0g		0%
Dietary Fiber 0g		0%
Protein 0g		
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Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.