

Open-Face Sausage & Pepper Sandwiches

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 25 minutes

3 peppers, cored and cut into 1/2-inch-wide strips

2 medium red onions, cut in 1/2-inch wedges

1/4 cup balsamic vinaigrette dressing

1 pound Italian chicken or turkey sausage, cut in 2-inch pieces

1 long loaf Italian or French bread

1 tablespoon olive oil

1/2 teaspoon dried oregano

1/2 cup mozzarella cheese, shredded

Preheat oven to 500 degrees.

Line two rimmed baking sheets with nonstick foil.

Spread the peppers and onions in one pan. Drizzle with three tablespoons of vinaigrette and toss to coat.

Place the sausage in the other pan. Drizzle with the remaining vinaigrette and toss to coat.

Roast for 10 minutes or until the sausage is cooked through.

Meanwhile, split the bread lengthwise, leaving one long side attached (like a hinge). Open the loaf. Brush the cut sides with olive oil. Sprinkle with oregano and cheese.

Remove both pans from the oven. Toss the peppers and onions and return to the oven. Place the bread, cut sides up, on the oven rack.

Roast 5 minutes or until the bread is lightly toasted and the vegetables are tender and slightly charred.

Top the bread with the vegetables and sausage. Cut the loaf into quarters.

Eat the sandwich with a fork and a knife.

Per Serving (excluding unknown items): 130 Calories; 7g Fat (47.4% calories from fat); 5g Protein; 13g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 63mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 Fat.