



### **Veggie Lovin' Melt**

*Root vegetables are the star in this sandwich*

- 1 medium golden beet, trimmed, peeled
- 1 small carrot, trimmed, peeled, lengthwise
- 1 large radish, trimmed
- 3 to 4 mushrooms, cleaned, sliced thin
- 1 small onion, peeled, halved
- Sea salt as desired
- 1 to 2 Tablespoons olive oil as needed
- 1/2 cup torn greens (like beet greens, spinach)
- 1 hamburger bun
- 1 slice hot pepper cheese
- 1 spoonful mayonnaise

**Prepare the Vegetables:** Slice all vegetables about 1/8 to 1/4-inch thickness. Slice the carrots lengthwise for longer strands; Season them lightly with salt.

**Stir/Fry/Steam the Vegetables:** Start cooking the denser veggies like the beets first. Add about 1 Tablespoon olive oil in a 10" cast iron pan. Season lightly with salt. Stir-fry just long enough to get a little browning on the veggies. Add about a Tablespoon or two of water to the pan; quickly cover with a lid to trap the steam inside. Steam vegetables for 5 minutes. Check for doneness with a fork; add 2 Tablespoons water if additional steaming is required. Remove the vegetables to a larger plate to stay warm. Continue stir-fry-steaming vegetables using the above procedure.

**Add Greens:** Lastly, add the greens; cook for about 1 to 2 minutes to wilt. Remove to the vegetable plate.

**Prepare the Buns:** Spray a light coating of oil on the inside of sandwich buns; cook under the broiler until golden brown. Remove the bun tops. Place a slice of cheese over the bun bottom; cook under the broiler for a few minutes or until cheese begins to melt.

**Build the Sandwich:** Place the vegetables as desired over the cheese layer. Spread a layer of mayo on the inside of the bun top and close the sandwich. Serves: 1

**About the Sandwich:** Using the stir/fry/steaming technique produces tender vegetables that are lightly seared. These vegetables are delicious to use in sandwiches. We added a layer of pepper cheese that helped hold the sandwich together. It will work with any vegetable combination and any type of bun or roll.

**From the Chef:** [www.culinaryvegetableinstitute.com](http://www.culinaryvegetableinstitute.com)

**Why Root Vegetables are such a perfect sandwich to make:**

- It's delicious when hot or cold.
- This is a super versatile recipe, and you can switch out the root vegetables and greens you use.
- You can also make this sandwich by featuring one single favorite vegetable and/or by making single portion sliders.
- This doesn't even need bread – try a wrap.