

5 A Day Recipes

Snacks

Vegetable Sandwich Booster

Serves 4

Think you don't have time to slice vegetables for your sandwich? Prepare these marinated vegetables ahead of time, and keep them in the fridge to bulk up sandwiches for up to three days.

- 1 medium zucchini
- ½ cup grated carrots
- ¼ cup red wine or balsamic vinegar
- Salt and pepper to taste
- 1 bell pepper
- 1 small red onion
- 1 tablespoon olive oil

Slice all vegetables thinly. Toss with oil, vinegar, salt and pepper. Add to sandwiches to boost 5 A Day servings.

This is an official 5 A Day recipe, providing each person served with one serving of vegetables.

Nutritional Analysis Per Serving

Calories: 52

Fat: 4 g

Cholesterol: 0 mg

Fiber: 1 g

Sodium: 5 mg