



RUSH HOUR RECIPES

Muffuletta Sandwich

Ingredients (Makes 9 servings. Prep time: 30 minutes.)

Olive Salad

- 2 ounces pimiento-stuffed green olives, drained
- 2 ounces black olives, drained
- 6 ounce jar of giardiniera (Italian-style pickled vegetables), drained
- 1 tablespoon capers
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- Hot sauce, to taste

Sandwich

- 1 12-16 ounce loaf Italian bread
- 1/2 pound sliced salami
- 1/2 pound sliced ham
- 1/2 pound sliced mortadella (substitute bologna if you prefer)
- 1/4 pound sliced mozzarella cheese
- 1/4 pound sliced provolone cheese
- 4 lettuce leaves, washed
- 1 tomato, sliced

Preparation

First, prepare the olive salad by placing all of the ingredients into a food processor or blender and pulse to roughly chop. This olive mixture should end up chunky and just spreadable, not pureed. Set aside or refrigerate overnight.

To assemble the sandwich, slice the loaf of Italian bread in half lengthwise. Spread the bottom half with the olive salad, and layer the slices of salami, ham, and mortadella evenly across the salad. Top the meats with the slices of cheese and finish with the lettuce and tomato. Replace the top loaf of the bread. Using a large serrated knife, slice the sandwich into 4 to 6 equal servings and serve.

For a vegetarian version, substitute your favorite veggie deli slices for the meats.

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Ingredient checklist

PRODUCE

- Lettuce
- 1 tomato

GROCERY

- Pimiento-stuffed green olives
- Black olives
- Capers
- Giardiniera (Italian-style pickled vegetables)
- Olive oil
- 1 loaf Italian bread
- Hot sauce (optional)

REFRIGERATED/FROZEN

- 1/4 pound mozzarella cheese
- 1/4 pound provolone cheese

MEAT/SEAFOOD

- 1/2 pound sliced salami
- 1/2 pound sliced ham
- 1/2 pound sliced mortadella or bologna

SPICES/SEASONINGS

- Dried oregano

Serving suggestion

This party-sized sandwich serves six easily; add a seasonal side salad, crunchy veggies, and whole-grain chips for extra nutrition, or cap off a special meal with a New Orleans-style dessert like Bananas Foster or a bread pudding with Bourbon sauce.

Nutritional information per serving

399 calories	24 g. carbohydrate
26 g. fat	3 g. fiber
52 mg. cholesterol	19 g. protein
1454 mg. sodium	

The nutritional values and information provided are approximations.

