

Spinach and Friends Slabwich

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 20 minutes

Serves: 4

CChints: A slabwich is my version of an opened-face sandwich. This recipe is a versatile one to have on hand since you can serve it as it is or add the optional meat like cooked ham, turkey or chicken or make it vegetarian style and sauté some mushrooms instead.



This recipe is an assemble as you cook meal. Set up your assembly line so you build your slabwich as you go.

1-1/2 cups sliced grape or cherry tomatoes

4 slices of your favorite thick bread like a wheat, sour dough or multigrain bread

2 tablespoons reduced fat mayonnaise

1 tablespoon Dijon mustard

4 slices of fresh mozzarella cheese about 1/4 inch thick

2 teaspoons olive oil

4 cups vertically sliced red onion

1 tablespoon red wine vinegar

Pinch of salt and pepper

Optional : 1/2 -3/4 pound cooked, sliced ham, turkey or chicken

6 cups loosely packed spinach leaves

Serve with potato chips

The tomatoes go on top but since they require a little prep work, you can start with them. Rinse, dry, cut them in half and set them aside.

Lay out each piece of bread on a plate. Or you can serve from a platter but just know they are a little hard to transfer once they are assembled.

In a small bowl, combine the mayonnaise the mustard. Spread it out evenly over the 4 pieces of bread. Lay a piece of cheese on each slabwich. Now your are ready to start cooking.

Heat the oil in a large nonstick skillet of medium heat. Add the onions and cook for 6-8 minutes, stirring occasionally until they are soft and begin to brown. Slowly stir in the vinegar and salt and pepper for 30 seconds. Divide the onions evenly onto each slabwich by lifting them out of the pan. You want to leave some of the juices to help flavor the spinach as it cooks. The onions will help to melt the cheese. If you are adding a meat, now is the time to lay pieces on top of the onions.

In the same pan add the spinach and stir occasionally for 2 - 3 minutes until it wilts. Use a slotted spoon to divide the spinach among each slabwich. Top with the tomatoes and serve with chips.