

# Roasted vegetable and fetta Turkish melt

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Green**

Serves: 1 (approximately 175g)

## Ingredients

- 1 Turkish oval roll
- 2 tablespoons reduced fat mayonnaise
- 30g reduced fat fetta cheese
- 100g roasted mixed vegetables (see recipe on WASCA website)
- 40g baby spinach

## Method

1. Cut Turkish roll in half
2. Spread with mayonnaise on both sides
3. Place the fetta cheese and roasted vegetables on one side of the roll
4. Toast in a sandwich press until cheese is melted.

### • Roast vegetable filling ideas include:

- eggplant
- mushroom
- tomato
- capsicum
- sweet potato
- onions



## Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	1461kJ	553kJ
Protein	10.9g	4.1g
Total fat	26.1g	9.9g
Saturated fat	5.4g	2.0g
Carbohydrate	15.5g	5.8g
Sugars	12.8g	4.8g
Dietary fibre	4.2g	1.6g
Sodium	678mg	256mg



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