

## Bruschetta Sandwiches

This delicious recipe, adapted from [The Mediterranean Vegan Kitchen](#), is actually designed to be served as marinated veggie sandwiches. I like to serve it as bruschetta, however, with toasted bread rounds. It also makes a fabulous dip for other vegetables, is great on baked potatoes, or as a condiment for salads and other dishes that need some zip.



### **Ingredients:**

- 2 Tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 cloves garlic, finely chopped
- 1 large tomato (approx. 8 ounces) cored, seeded, and chopped
- 1 medium red, yellow, or orange bell pepper (approx. 6 ounces), finely chopped
- ½ medium red onion (approx. 4 ounces) finely chopped
- 3 ounces marinated artichoke hearts, drained (about 1/3 cup, packed) and chopped
- 4 Tablespoons pitted kalamata olives, chopped
- 3 Tablespoons drained capers
- 2 Tablespoons finely chopped fresh flat-leaf parsley

### **Directions:**

Make sure all vegetables are very finely chopped. In a large bowl, combine tomato, bell pepper, onion, artichoke hearts, olives, capers, and parsley. Add vinegar, mustard, and garlic, and stir well. Allow to rest in refrigerator for at least an hour. Eat with crusty bread for sandwiches, toasted bread for bruschetta, or as a complement to other raw or cooked veggies of your choice.