

Arugula and Zucchini Sandwich

Baguette

Handful arugula, washed, dried, and long stems removed

2 slices zucchini or yellow squash

Olive oil

Lemon wedge

Garlic clove

Mayonnaise (preferably Duke's)



This is less of a recipe and more of a technique. It also makes a very satisfying lunch. The zucchini is soft and soft. The bread is crusty and

garlicky. The arugula is nutty and crisp. The lemon cuts through the richness and the mayonnaise stops the bread from being too dry. It's lovely. And it only takes about 15 minutes to make, so if you have a little time, I highly encourage you to make this for yourself.

Coat the bottom of a skillet with several tablespoons of oil. Heat over medium. Once up to temperature, carefully add in the slices of zucchini. Let fry until golden, about 4 minutes, then flip and let fry until golden on the other side, about another 4 minutes.

While your zucchini is frying, split your baguette to make a sandwich bun. Toast it lightly. Once toasted, rub the garlic clove on the toasted side. The heat in the baguette will take the harsh edge off the garlic, but it will still be fragrant and delicious. Spread mayonnaise on the bottom baguette slice.

Once the zucchini is done, layer it on the bottom slice of baguette. Sprinkle some salt and squeeze the lemon wedge over the zucchini. Set the arugula on top of the zucchini and cover the sandwich with the garlicky, crusty top.

This has quickly become one of my favorite lunch recipes. I'm not a vegetarian by any means, but I don't miss the meat in this vegetarian sandwich.

Fresh herbs would be a nice addition.