Eggplant and Goat Cheese Sandwiches

2 fresh, whole, unpeeled eggplant
2 teaspoons extra virgin olive oil
1 large red bell pepper
4 slices whole wheat bread

2 Tablespoons pesto sauce
1 cup chopped arugula greens (or spinach)
1/8 teaspoon ground black pepper
2 ounces soft goat cheese

Preheat broiler.

Slice eggplant into 8 (1/2 inch thick) slices. Arrange eggplant slices in a single layer on a foil-lined baking sheet. Brush both sides of eggplant with 1 teaspoon oil. Cut bell pepper in half lengthwise; discard seeds and membrane. Arrange bell pepper halves, skin sides up, on baking sheet with eggplant; flatten with hand. Broil 4 minutes; turn eggplant over (do not turn pepper over). Broil an additional 4 minutes; remove eggplant from pan. Broil bell pepper an additional 7 minutes or until blackened. Place bell pepper in a zip-top plastic bag; seal. Let stand 15 minutes; peel and discard skin. Halve pepper.

Broil bread slices for 2 minutes or until lightly browned, turning once. Spread 1 Tablespoon pesto on each of 2 bread slices. Layer each bread slice, pesto side up, with 2 eggplant slices, 1 bell pepper half and 2 eggplant slices. Toss arugula with remaining 1 teaspoon oil and black pepper; divide arugula mixture evenly between sandwiches. Spread 1 to 2 Tablespoons goat cheese over each of 2 remaining bread slices. Place cheese side down on sandwiches.

Serves: 2
Cost per serving: $1.07

Nutrition facts per serving
Calories: 510
Total Fat: 21 g
  Saturated Fat: 7 g
  Trans Fat: 0 g
Cholesterol: 20 mg
Sodium: 510 mg
Total Carbohydrate: 66 g
Protein: 23 g
Fiber: 29 g