

FARMER'S MARKET VEGGIE MELT

There's nothing quite like a stroll through the farmers' market - arms full of sun-kissed zucchini, bright golden squash, crusty sourdough and of course, sunflowers. This sandwich is a tribute to those joyful mornings, when the freshest ingredients practically beg to be turned into something simple and delicious. It's easy, quick, and bursting with flavor—perfect for lunch on the porch or a light summer dinner.

INGREDIENTS:

One zucchini, sliced into coins
One yellow squash, sliced into coins
One small onion, thinly sliced
Two slices sourdough bread
Splash of Worcestershire sauce
Olive oil
Fennel and Fire Veggie Heaven
One slice Muenster or provolone cheese



DIRECTIONS:

- Toast sourdough bread until golden and crisp.
- In a sauté pan, heat a drizzle of olive oil over medium heat.
- Add zucchini, squash, and onion to the hot oil and sauté for about 90 seconds—just enough to warm and soften slightly while keeping a firm bite.
- Add a splash of Worcestershire sauce and sprinkle generously with Fennel and Fire Veggie Heaven. Stir to combine, then remove from heat.
- Pile hot veggies onto toasted bread, top with cheese, and let it melt.
- If needed, place under the broiler briefly until the cheese is gooey and perfect.
- Serve warm and enjoy the taste of the season!