



ROASTED VEGGIE SANDWICH

30 MINUTES

MAKES 1 SANDWICH

This sandwich combines roasted, juicy veggies, crusty sourdough bread, a good helping of hummus and handfuls of Micro Arugula - the perfect, nutrient dense sandwich, all year round. Try mixing up the veggies with what's in season.

INSTRUCTIONS

Preheat oven to 375°F.

On a parchment lined baking sheet, lay out zucchini, onion and peppers, spray generously with cooking spray, season with salt and pepper and roast for 15-20 minutes until softened and golden.

Allow to cool slightly. Meanwhile, slather each slice of bread with hummus and pile high with Micro Arugula.

Season and layer with veggies and tomatoes.

Enjoy!

INGREDIENTS

½ Green Zucchini, thinly sliced

3 Thin Slices of Red Onion, peeled

½ Yellow Pepper, cut in half, seeds removed

½ Red Pepper, cut in half, seeds removed

Olive Oil Cooking Spray

3 Slices of Tomato

2 Slices of Sourdough Bread

Salt

Pepper

¼ Cup of Hummus

GoodLeaf Micro Arugula



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