



stacked vegetable sandwich

Want to avoid lunchtime letdown? You can, with this super healthy, soaring sandwich with avocado hummus-smothered multigrain bread, oven-roasted tomatoes, Feta, onions, cucumbers and arugula. This scrumptious sandwich is guaranteed to make your midday meal a winner.

SERVES: 4

ingredients

Oven Roasted Tomatoes

- 8 plum tomatoes, halved, core and seeds removed
- 2 tbsp olive oil
- 1 tsp fresh thyme leaves
- ¼ tsp kosher salt
- 1/8 tsp freshly ground black pepper

Avocado Hummus

- 1 large ripe avocado, chopped
- ½ cup canned chickpea, rinsed and drained
- ¼ cup olive oil
- 2 tbsp fresh lemon juice
- 1 small garlic clove, minced
- ¼ tsp ground cumin
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- 1/8 tsp cayenne pepper

- 8 thick slices multigrain bread
- ½ cup crumbled Feta cheese
- 1 small red onion, thinly sliced
- 16 slices, English cucumber
- 1 cup packed baby arugula

directions

1. For the roasted tomatoes, preheat oven to 400°F. Line a baking sheet with parchment paper. Arrange tomato halves, cut side up on prepared baking sheet. Drizzle with olive oil and sprinkle with fresh thyme, salt and pepper. Roast tomatoes until tender and slightly charred on the edges, 30-35 minutes. Remove from oven and set aside to cool.
2. For the avocado hummus, in a food processor, combine avocado, chickpeas, olive oil, lemon juice, garlic, cumin, salt, pepper and cayenne pepper. Blend until smooth or your preferred consistency.
3. To assemble sandwiches, spread 1 heaping tbsp of avocado hummus on one side of each slice of bread. Layer roasted tomatoes, crumbled feta, sliced red onions, sliced cucumbers, arugula and bread to form a stacked sandwich. Repeat with remaining ingredients.



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