

BEYOND HUNGER

Veggie Sandwich

This recipe is a simple way to incorporate some of the delicious fruits and vegetables you can purchase at the farmer's market. It is adaptable and can be made to your liking depending on your preference and the vegetables you have available.

Yields: 1 sandwich

Serving Size: 1 sandwich

Ingredients:

Scallion Cream Cheese

- 2 oz. **cream cheese**
- 1 **green onion**, sliced
- 1/2 tsp **lemon juice**
- 1/8 tsp **garlic powder**
- 1/8 tsp **dried dill**
- 1 pinch **salt**

Sandwich

- 2 slices **whole wheat bread**
- 6 slices **cucumber**
- 2 slices **tomato**
- 1 handful **spinach**
- 1 **carrot**, shredded
- 1/2 **red bell pepper**
- 1 handful **alfalfa sprouts**
- 1 pinch **salt**
- 1 pinch **pepper**

Instructions:

1. Combine the ingredients for the scallion cream cheese together in a small bowl and whip with a fork.
2. Lightly toast the bread. Spread the cream cheese over one side of each piece of bread.
3. Pile the vegetables onto the bread and close the sandwich. Slice in half and enjoy!

Chef's Note: When using alfalfa sprouts, be sure to keep them refrigerated to avoid food-borne illnesses. They should also be kept dry when stored in the refrigerator.

Per Serving: Calories 411 kcal, Carbohydrates 41g, Protein 15g, Saturated Fat 10g, Sodium 560mg, Fiber 9g, Sugars 0g
This recipe was adapted from budgetbytes.com.



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger