

## Roasted Veggie Sandwich with Salad

### Ingredients:

**Serves 2**

#### Sandwich:

½ red bell pepper  
¼ cup sliced red onion  
½ cup sliced mushrooms  
½ tsp smoked paprika  
½ tsp garlic powder  
¼ cup shredded carrot  
1 tomato, sliced  
½ avocado, sliced  
¼ cup shredded lettuce  
2 Tbs hummus  
4 slices whole grain bread

#### Garden Salad:

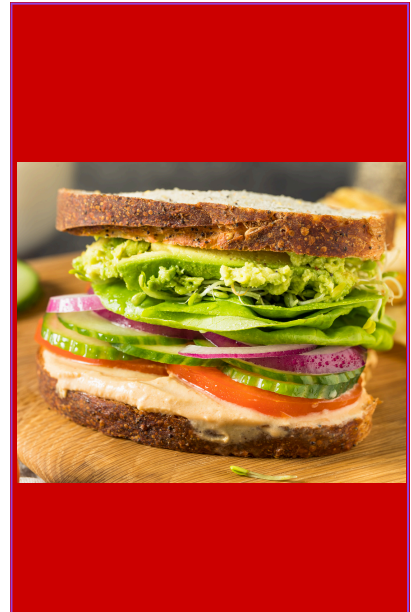
2 cups shredded lettuce  
½ tomato, diced  
¼ cucumber, diced  
2 Tbs shredded cabbage  
¼ cup alfalfa sprouts  
2 Tbs fat free Italian vinaigrette



\*SOY FREE



\*VEGAN



### Directions:

1. In a non-stick pan over medium/high heat add bell pepper, red onion, and mushrooms (Add water as needed, so nothing sticks). Then add smoked paprika, garlic powder, and salt. Cook for 7-10 minutes, or until peppers and onions are soft.
2. Toast your slices of bread.
3. For each sandwich, layer: Bread, hummus, lettuce, shredded carrot, avocado, roasted veggie mixture, tomato, more hummus, and your final slice of bread.
4. Combine all ingredients for the salad, and drizzle dressing over the top.

### Nutrition Facts

2 servings per container  
**Serving size 1 Sandwich & 1.5 cups salad**

Amount per serving

**Calories 360**

% Daily Value\*

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 13g	46%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 3.2mg	20%
Potassium 720mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.