

DAGWOOD VEGGIE SANDWICH

THIS IS VERSATILE- SO GET CREATIVE AND ADD WHATEVER

VEGGIES AND SPREADS CALL YOUR NAME.

SOMETIMES WE'LL DO A SELF-SERVE "VEGGIE SANDWICH BAR"

FOR FAMILY DINNERS WITH EVERY TOPPING YOU CAN THINK OF!!!

INGREDIENTS:

**WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS*

- YOUR FAVORITE BREAD (EZEKIEL, BRIOCHE, OR THICK CUT SOURDOUGH ARE AMAZING)
- AVOCADO
- GREENS (LETTUCE, SPINACH, SPRING MIX, ETC.)
- TOMATO
- CUCUMBER
- SPROUTS
- PICKLED ONIONS
- PICKLED ROASTED RED PEPPERS
- CHEESE OF CHOICE (RAW, VEGAN, ETC.)



INGREDIENTS FOR OIL DRIZZLE **PLAY WITH THE AMOUNTS UNTIL THIS SUITS YOUR PALETTE (THIS IS ADDICTIVE)*

- EXTRA VIRGIN OLIVE OIL (EVOO)
- APPLE CIDER VINEGAR
- SWEETENER OF CHOICE (COCONUT PALM, MAPLE SYRUP, MONK FRUIT, ETC.)
- SPICES;

*SALT

*PEPPER

*GARLIC POWDER

*RED PEPPER FLAKES

*CAYENNE

DIRECTIONS

1. TOAST THAT BREAD!
2. SMASH YOUR AVOCADO + ADD A LITTLE SALT/PEPPER AND SPREAD ON HALF YOUR SANDWICH.
3. LAYER YOUR VEGGIES & CHEESE ON YOUR AVOCADO-COATED BREAD.
4. MIX TOGETHER INGREDIENTS FOR OIL AND DRIZZLE/SPREAD ON THE OTHER PIECE OF BREAD.
I LIKE A LOT OF THIS ON MINE-ADJUST YOUR SPICES TO SUIT YOUR TASTE.
5. FINISH ASSEMBLING YOUR SANDWICH BY PLACING THE 2ND SLICE OF BREAD ON TOP.
6. SLICE YOUR MASTERPIECE IN HALF & ENJOY!

**TRY CREATIVE SPREADS LIKE CREAM CHEESE, HUMMUS, TZATZIKI, ETC.*

**TRY INFUSING YOUR OIL BY SQUEEZING HALF A LEMON OR ORANGE IN YOUR DRIZZLE MIX.*