Veggie Sandwich

Dean Stansel

Ingredients:

- Whole wheat bun or Baggett, toasted
- Hummus (store bought or homemade, see recipe)
- Roasted vegetables of choice: eggplant, red peppers, zucchini, mushrooms, red onions, etc. (see recipes)
- Fresh veggies of choice: basil leaves, tomatoes, lettuce, etc.
- Balsamic vinegar, optional

Directions:

1. Toast bread or bun.
2. Spread bread with hummus.
3. Add roasted and fresh veggies of choice.
4. Sprinkle with some balsamic vinegar, if desired.

Note: Good served with soup (we like Amy's chunky tomato bisque or carrot ginger soup). It would also be good with a smoothie (store bought or see recipes).