**Vegetarian Club Picnic Sandwich**

**Makes:** 4 Servings

Modified from LoveAndLemons

**INGREDIENTS**

**Sandwich:**

- 8 Slices whole grain bread, toasted

- Several handfuls of watercress

- 3 tomatoes, thinly sliced

- 1 small cucumber, thinly sliced

- 2 small avocados, thinly sliced

- 8 ounces tofu or tempeh *(soaked overnight in a Ziploc bag or Tupperware with ¼ cup rice wine vinegar, 1 tablespoon minced garlic, 1 teaspoon chili flakes, 1 teaspoon salt, and 2 teaspoons sugar)*

**White Bean Spread & Sun-Dried Tomato Spread:**

* 1 15 ounce can white beans, drained and rinsed
* 2 tablespoons extra-virgin olive oil
* Juice of 1 medium lemon
* 2 garlic cloves
* ¼ teaspoon salt
* Freshly ground black pepper
* 3 to 4 sun-dried tomatoes

**DIRECTIONS**

1. Make the sandwich spread in a blender or small food processor. First make the white bean spread by pureeing the white beans, olive oil, lemon juice, garlic, salt, and pepper. Blend until smooth, adding 1 to 2 tablespoons of water if necessary, to blend.
2. Scoop out half of the puree and set aside as the White Bean spread.
3. Then, add the sundried tomatoes to the blender along with the remaining mixture to create the Sun-Dried Tomato spread. Blend again, adding 1 to 2 tablespoons of water if necessary, to blend.
4. Assemble 4 sandwiches with the bread, spread on either side of the sandwich, tempeh, watercress, tomato, cucumber, and avocado.

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| **LOW PREP/DORM RECIPE TIP:**  If a small food processor is not available, use a handheld blender to create the spreads for these delicious sandwiches. Another option would be to purchase premade spreads (hummus, pesto, etc). |