



Multicolored Veggie Layer Sandwich

By Chef Veera Gaul, Ph.D.



Ingredients

4 slices bakery bread (whole wheat or 7 grain bread)
2 teaspoons O&V [Roasted Garlic oil](#) *
1 avocado, sliced
1 large piece O&V **Roasted Red Pepper** * (drained, patted dry and thinly sliced)
1 tomato, thinly sliced
¼ cup fresh basil leaves
1 cup microgreens (arugula or radish)
½ thinly sliced cucumber – about 1/3 cup of slices (preferably a seedless cucumber)
½ cup matchstick or shredded carrots
1 ½ teaspoons O&V [Devils Mustard](#) *
2 ½ teaspoons O&V [Honey Mustard](#) *
4 heaping tablespoons whipped cream cheese (see Chef Note)
1 tablespoon minced green onion (from the white part of one green onion)
½ teaspoon lemon juice plus more for the avocado
1 teaspoon O&V [Garlic Butter Mix](#) *
1 teaspoon water
Freshly cracked pepper

Preparation

Brush the 4 slices of bread with the oil, and using a panini press or grill pan, toast the bread until some grill marks appear on the bread and bread is well toasted

In a small bowl combine the two mustards. In a separate small bowl combine the garlic butter mix, water and ½ teaspoon lemon juice. Let it sit for 5 minutes to allow the herbs to rehydrate. Then fold in the whipped cream cheese and minced green onion.

Lay the bread on a cutting board and begin assembling the sandwiches. Slather two slices of toasted bread with the cream cheese mixture and the other two slices with the mustard combination.

Press the avocado slices onto the slices of bread smeared with mustard and spritz them well with lemon juice. Grind fresh cracked pepper generously over the avocado.

Nestle some matchstick carrots on the whipped cream cheese, then layer slices of cucumber followed by red pepper slices, sliced basil, sliced tomato. Top the tomatoes with microgreens.

Carefully close the sandwich with the slice of toast and avocado slices. Slice in half and serve

Serves 2

Active time 15 minutes Total Time: 15 minutes

Chef Note

You can replace the cream cheese spread with a vegan version or with some roasted garlic hummus to add protein to the sandwich and make it vegan. Alternatively, add some sliced grilled chicken for a non-vegetarian option.

Notes

* The [Roasted Garlic oil](#) adds an additional layer of flavor to the toasted bread, but you can use a good unflavored extra virgin olive oil. The **Roasted Red Peppers** are delicious and easy, but feel free to roast your own red peppers instead if you prefer. The combination of the [Devil's Mustard](#) and [Honey Mustard](#) add amazing sweet and tangy heat to the sandwich. You can use another sweet and spicy mustard, but it will certainly change the flavor of this sandwich.

Finally, the [Garlic Butter Mix](#) adds the most intense and delicious lemony, garlicky flavor to the cream cheese and there is no easy substitute but you can use some garlic powder, lemon juice, minced dill, minced parsley and minced chives.



Categories: Entrée, Snacks & Sides, Lunch, Easy Weeknight Meal, Quick Dinner, Layered Sandwich, Picnic, Roasted Garlic Oil, Roasted Red Peppers, Devils Mustard, Honey Mustard, Garlic Butter Mix, Multicolored Veggie Layered Sandwich, Al fresco Dining, Vegetarian, Vegan Option, Plant