

FOOD



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Toasted Humus Salad Sandwich

Recipe by Paul A. Neufeldt

This spring-inspired, Mediterranean-based salad-in-a-sandwich is easy, delicious and portable for a meal on the go. Makes 4 servings (4 sandwiches).

Ingredients:

- 1/4 cup(s) fresh parsley leaves
- 1/2 small red onion, thinly sliced
- Coarse salt and ground pepper
- 3 ounce(s) crumbled feta
- 8 slice(s) rustic bread or olive bread
- 1/2 medium cucumber, thinly sliced
- 1 tomato, thinly sliced
- 2 cups of lettuce or baby spinach leaves
- 1/2 cup humus (regular humus or one of the humus from last week's recipes)
- Chicken cooked and diced (optional)
- Bottle of favorite vinaigrette dressing

Directions:

1. Toast all 8 slices of bread, separate into 4 sets of 2 each for sandwiches.
2. For each sandwich, spread humus on one side and dribble vinaigrette dressing on the other
3. Crumble thin layer of feta cheese on the humus
4. Place tomatoes, cucumbers and lettuce/spinach on top of the feta.
5. (Optional) if meat is desired, cut stripes or cubes of cooked chicken placed on top of vegetables.
6. Lay vinaigrette covered slice over the top to finish sandwich.
7. Eat and enjoy or pack for lunch to eat later.



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