

Vegetable Sandwich

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4 tablespoons light cream cheese, softened
1 tablespoon pesto
4 slices whole wheat bread
1 avocado, cored, peeled and sliced
1 cup carrot, grated
1 red bell pepper, diced
1 teaspoon salt
1 teaspoon pepper

In a bowl, combine the cream cheese and pesto.

Spread the mixture on the whole wheat bread.

On two of the bread slices, evenly layer the avocado, carrot, bell pepper, salt and pepper.

Place the top slices.

Slice in half and serve.

Per Serving (excluding unknown items): 823 Calories; 46g Fat (47.1% calories from fat); 23g Protein; 92g Carbohydrate; 20g Dietary Fiber; 32mg Cholesterol; 3110mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Lean Meat; 4 Vegetable; 1 Fruit; 8 1/2 Fat; 1/2 Other Carbohydrates.