



CUCUMBER-AVOCADO-TOMATO SANDWICH

¼ cup plain hummus
1 tablespoon chopped fresh dill
1½ teaspoons honey mustard
2 thin slices whole-wheat bread, toasted
1 (1-ounce) slice sharp Colby cheese
½ small tomato, thinly sliced
¼ medium avocado, thinly sliced
¼ cup alfalfa sprouts
¼ cup thinly sliced English cucumber
1 tablespoon thinly sliced red onion
Pinch of salt



Directions:

Stir hummus, dill and honey mustard together in a small bowl until well combined. Spread the hummus mixture on 1 side of each toast slice.

Layer cheese slice, tomato slices, avocado slices, alfalfa sprouts, cucumber and red onion over the hummus on 1 toast slice; sprinkle with salt. Top with the remaining toast slice, hummus-side down. Cut the sandwich in half diagonally.