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

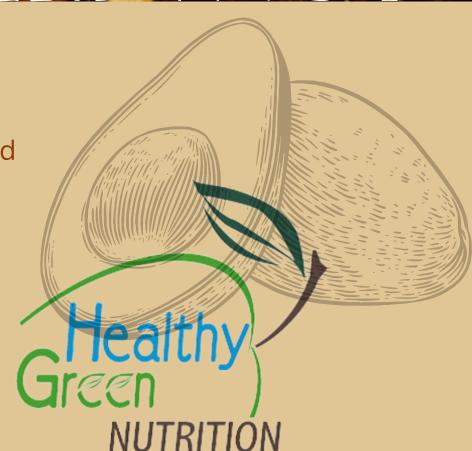
¼ medium avocado, thinly sliced

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.