

A-L-T Sammy

Swick

Makes 3 sandwiches | Active Time: 10 minutes | Total Time:

Chef's Notes

Store any leftovers in an airtight container in the refrigerator for up to 3 days.

RECIPE TIPS

Tahini: Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings.

Miso: Miso is the Japanese word for fermented soybean paste. Miso is used for sauces, spreads, and pickling, and it is also the base for miso soup. You can find it in the same refrigerated section as tofu and other soy products. Soy-free miso made from chickpeas is also available. If you have a hard time finding it, try an Asian market or online. Since it is made with salt, taste the dish before adding additional salt. Miso keeps in the refrigerator for up to 8 months.

Step 1: Prepare Sandwiches

- 6 slices whole-grain bread
- 1 1/2 tablespoons tahini
- 1 1/2 tomatoes sliced
- 18 leaves lettuce
- 1 1/2 tablespoons miso
- 1 1/2 avocados (≈3/4 cup)

For each sandwich, spread tahini on one slice of bread, then layer on tomatoes and lettuce leaves. Spread miso on other slice, followed by avocado; mash avocado to spread. Close sandwich, then slice in half.

Serve sandwich with fruit on the side.