

## Roasted Vegetable Sandwich



### Ingredients:

#### Roasted Vegetables

- 1 tea spoon ground cumin
- 1 tea spoon ground coriander
- 1 tea spoon sea salt
- ½ table spoon coarsely ground black pepper
- 2 large zucchini, cut diagonally into ½-inch-thick slices
- 2 medium red and/or yellow bell peppers, seeded, cored, and cut into eighths
- 2 table spoons olive oil

#### Bean Spread

- 1 tea spoon olive oil
- 2 table spoons minced ginger
- 1 ½ cups cooked cannellini beans, rinsed and drained
- 1 table spoon lemon or lime juice
- 8 slices of brown bread
- 12 slices of tomatoes
- 2 cups of green salad

Serves: 4 persons

Preparation time: 60 min

**Method:**

1. To make Roasted Vegetables: Preheat oven to 375°F/200°C. Stir together cumin, coriander, salt, and pepper in small bowl. Set aside.
2. Toss together zucchini, bell peppers and oil in large bowl. Add cumin mixture, and toss to coat.
3. Divide vegetables between 2 baking sheets, and roast 30 to 45 minutes, or until tender and golden brown, turning vegetables once or twice and rotating baking sheets. Let the vegetables cool.
4. To make Bean Spread: Heat oil in small skillet over medium heat. Add ginger and beans and coarsely mash. Stir in 3/4 cup water, and cook 10 minutes, or until mixture is consistency of refried beans, stirring occasionally. Stir in lemon juice, and cool.
5. To assemble Sandwiches: Spread 2 table spoons Bean Spread on each bread slice. Top four bread slices with 1 cup Roasted Vegetables, 2 or 3 tomato slices, and 1/2 cup green salad. Place remaining 4 bread slices on top. Cut in half to serve.