

DOUBLE RAINBOW HUMMUS SANDWICH

Yield: 4 Servings



TOTAL TIME: 8 hours 20 minutes

INGREDIENTS

- 1 small head red cabbage, finely shredded (about 4 cups)
- ½ bunch small celery, chopped on bias
- ½ bunch dill, finely chopped
- 1 bunch (about 1 cup) red radishes, trimmed, thinly sliced
- Juice of 1 lemon (2–3 Tbsp.)
- 1 tsp. sea salt
- 1 loaf (13 oz.) ciabatta
- 1 cup roasted red pepper hummus
- 1 cup roasted garlic hummus
- 4–6 Boston lettuce leaves, washed, patted dry

PREPARATION

1. Place cabbage, celery, dill and radishes in a large bowl. Drizzle with lemon juice. Add salt; toss to mix. Make slight hollow in veggie mixture to create "nest" for other bowl.
2. Fill second bowl ½ full of water. Nestle this on top of bowl of vegetables to create a "press." Refrigerate lightly covered, overnight.
3. Rinse veggies; drain in colander. Squeeze out any remaining liquid. Transfer to a layer of triple-thick paper towels; roll up to further dry veggie mixture.
4. Halve ciabatta horizontally. Spread one half with red pepper hummus, the other half with garlic hummus. Top bottom half with lettuce leaves and veggie mixture. Close sandwich. Cut into quarters to serve.

NUTRITION

Per serving: Calories: 530; Fat: 18 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 76 g; Fiber 11 g; Protein: 19 g; Sodium: 1220 mg.

Recipe courtesy of Wegmans