

GREEN SUBMARINE SANDWICH

SERVES 1

TIME: 5 MINUTES

INGREDIENTS:

2 slices of sourdough bread, toasted
1 TBSP GREEN DREAM sauce
1 persian cucumber, thinly sliced
1/2 small, ripe avocado, sliced
Handful of butter lettuce
Handful of sprouts
A few slices of pickled onion

DIRECTIONS:

Top two slices of toasted sourdough bread with all toppings and enjoy!

NOTE: Want to add chicken, other veggies, turkey? Go ahead! Have fun with this one.

HOW TO QUICK PICKLE ONIONS

Combine the first 5 ingredients below and bring to a low simmer. In a medium mason jar, combine onion slices and heated ingredients. Put the lid on, shake and refrigerate.

INGREDIENTS:

1/4 C apple cider vinegar
1/4 white wine vinegar
1 TBSP sugar
1 tsp salt
1/4 tsp black peppercorns, lightly crushed
1 white onion, thinly sliced

SONG: Yellow Submarine by the Beatles

