Guacamole and Alfalfa Sprouts Sandwich Recipe



Alfalfa is a real star of this sandwich. Alfalfa sprouts are young seedlings of alfalfa plant, they are good source of fiber and protein, prevents heart diseases and diabetes. Coming to the recipe, this is a delicious vegetarian sandwich recipe dressed up with mild, creamy guacamole pairs well with crispy alfalfa sprouts, also packed with cheese, red onions, mushroom, tomato, black olives drizzled with red

wine vinaigrette which makes a satisfying meal. Italian seasoning adds an extra flavor. This sandwich is a perfect fit for breakfast or lunch or dinner. Serve this great tasty sandwich with a side of hot soup, potato chips and soda. Check my recipe index for more sandwich recipes

How to make Guacamole and Alfalfa Sprouts Sandwich Recipe

Ingredients

- Guacamole from 1 Avocado
- 4 Whole Wheat Sandwich Bread
- 1 Medium Size Red Onion, Finely Chopped
- 3 Mushroom, Sliced
- 1 Medium Size Tomato, Sliced
- 6 Black Olives, Chopped
- 4 Tsp of Sharp Cheddar Cheese
- 1/4 Cup of Alfalfa Sprouts
- 2 Tsp of Red Wine Vinaigrette
- Salt and Black Pepper to taste
- Italian Seasoning as needed
- 6 Jalapeno Slices

Method

- Wash the alfalfa sprouts and keep it aside.
- Wash and chop the onion and black olives. Slice the mushroom and tomato.
- In a baking pan, place two sandwich bread, On one bread – add red wine vinaigrette, onion, mushroom, cheddar cheese.

- On another bread, place tomato, black olives, jalapenos, season with salt, pepper and Italian seasoning.
- Broil it for 5 mins in an oven.
- Take it out, add guacamole and alfalfa sprouts.
- Put the slices together, cut it diagonally or vertically to create finger sandwiches.
- Serve this guacamole and alfalfa sprouts sandwich with potato chips, soup and soda.

Tips

- You can use any kind of cheese but I prefer cheddar cheese.
- I recommend to use wheat bread as it was healthy when compared to white bread.
- If you don’t like the crust, just remove it.



Tags : alfalfa sprouts sandwich, alfalfa sprouts sandwich recipe, alfalfa sprouts recipe, guacamole and alfalfa sprouts sandwich recipe, guacamole sandwich recipe, vegetarian sandwich recipe, sandwich recipe ideas, picnic sandwich recipe.