

Ploughman's Lunch Sandwich



Servings: 4

For the Pickled Beet Hummus:

1 cup pickled beets, drained

3 tablespoons olive oil

1 tablespoon tahini

For the Ploughman's Lunch Sandwiches:

8 slices bread

1/4 cup mayonnaise

4 teaspoons whole grain mustard

4 slices cheddar cheese

12 slices deli-style ham

1 apple, sliced thin

1 1/2 cups watercress

2 radishes, sliced thin

1 cucumber, sliced thin

For the Pickled Beet Hummus:

In a food processor puree together pickled beets, olive oil, and tahini. Puree into a coarse paste.

For the Ploughman's Lunch Sandwiches:

Spread Pickled Beet Hummus on to 1 side of 4 slices of bread.

Spread mayonnaise on to 1 side of the remaining 4 slices of bread and top with whole-grain mustard.

On the side of the sandwich with the pickled beet hummus layer cheddar cheese, ham, apple, watercress, radishes, and cucumber.

Top the sandwich off with the other piece of bread.

Serve

Per Serving (excluding unknown items): 456 Calories; 24g Fat (45.3% calories from fat); 12g Protein; 52g Carbohydrate; 5g Dietary Fiber; 20mg Cholesterol; 577mg Sodium; 19g Total Sugars; trace Vitamin D; 248mg Calcium; 3mg Iron; 404mg Potassium; 225mg Phosphorus. Exchanges: .