



Makes 4 sandwiches

Preparation Time: 20 minutes

Cook Time: 20 minutes

INGREDIENTS:

2 medium carrots, thinly sliced

2 tablespoons chopped shallot

1 clove garlic, minced

1 15-oz. can no-salt-added chickpeas, rinsed and drained

3 tablespoons lemon juice

1 tablespoon chopped fresh dill

Freshly ground black pepper, to taste

8 slices country-style multigrain bread, toasted

4 teaspoons toasted sunflower kernels

1 cup thinly sliced cucumber

¼ cup sliced pickled pepperoncinis, drained

2 cups fresh baby kale and/or baby spinach

Greens and Things Sandwiches with Carrot Hummus

A healthy homemade hummus, which features sauteed carrots and chopped fresh dill, delivers loads of flavor while helping to hold these fresh-and-hearty [plant-based sandwiches](#) together. The sliced pepperoncinis add a tangy kick. If pepperoncinis aren't your thing, roasted red peppers would also be delicious here.

By Shelli McConnell

- 1 For veggie hummus, in a large skillet combine carrots, shallot, garlic, and ¼ cup water. Bring to simmering. Cover and cook on medium-low about 10 minutes or until carrots are tender. Transfer carrot mixture to a blender or food processor. Add chickpeas and lemon juice. Cover and blend or process until smooth, adding water 1 Tbsp. at a time to reach desired consistency. Transfer mixture to a bowl. Stir in dill and black pepper.
- 2 Spread half of the bread slices with hummus. Top with sunflower kernels, cucumber, pepperoncinis, and kale. Top with the remaining bread slices.