

Sandwich

Vegetarian Lavosh

The Fitness Kitchen by Shelly Stinton

Servings: 4

Preparation Time: 15 minutes

1 15 oz can low sodium kidney beans, canned, drained and rinsed

2 tablespoons almond butter, or cashew

1 tablespoon flax seed oil, or olive oil

1 lemon, juiced

2 cloves garlic, minced

1/4 teaspoon salt

1/4 teaspoon cayenne

1/4 teaspoon coriander

4 pieces lavosh Armenian cracker bread

1/2 cup black olives, chopped

1/2 cup chives, finely chopped

1/2 cup crumbled feta cheese

1 large tomato, sliced thin

8 large red lettuce leaves

Evenly divide the bean spread onto 4 pieces of lavosh (10-12 sq. inches), leaving a 2-inch border uncovered on the edges. Sprinkle with olives, chives, and feta. Cover with tomato slices and lettuce leaves. Take two edges and fold them in. Using fingers of both hands, lift a free edge, and carefully roll to wrap up filling. Cut in sections.