

Veggie Forest Sandwich

Whole wheat bread

Cucumber slices

Tomato slices

Alfafa sprouts

Onion slices (Optional)

Green Pepper slices

Thousand Island Dressing

Swiss Cheese

1. Toast bread
2. Put on as much Thousand Island as you would like
3. Pile on the veggies
4. Cut and enjoy!

Printed from: <http://jaytriedandtrue.blogspot.com/>