



## Smashed White Bean and Avocado Club

*This delicious sandwich is chock-full of healthy fat, fiber, and veggies, making it the perfect choice for a light supper.*

Serves 4

- 2 15 oz cans white beans, rinsed and drained**
- 2 tbs extra virgin olive oil**
- ½ tsp salt**
- ¼ tsp pepper**
- 12 slices whole grain bread**
- One small red onion, thinly sliced**
- One cucumber, preferably seedless, thinly sliced, peeled if desired**
- One 4-5 oz container of sprouts such as alfalfa, radish, broccoli, or a combination**
- 2 avocados, pitted and thinly sliced**

In a medium bowl, combine the beans, oil, salt and pepper. Roughly mash the mixture with the back of a fork. Place 8 of the bread slices on a work surface. Divide the mashed beans among the slices. Top with the onion, cucumber, sprouts and avocado. Stack the open-faced sandwiches on top of one another, avocado-side up, to make 4 double-decker sandwiches. Top with the remaining 4 slices of bread. Slice each sandwich in half, if desired, and serve.

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