

Open - Face Veggie Sandwich

Ingredients:

12 ea English muffins, split and toasted
3 ea Avocado, mashed
3 cups Alfalfa sprouts
3 ea Tomato, chopped
3 ea Sweet Onion, chopped
1 ½ cups Ranch-Style Salad Dressing
1 cup Sesame Seeds, toasted
3 cups Cheddar Cheese, shredded



Directions:

Preheat oven to broil. Place each muffin open-faced on a sheet pan with parchment paper on bottom. Spread each half with mashed avocado; place halves close together. Distributing ingredients evenly, cover each half with sprouts, tomatoes, onion, dressing, sesame seeds and cheese. Place under broiler for about 5 minutes, or until cheese is melted and bubbly.