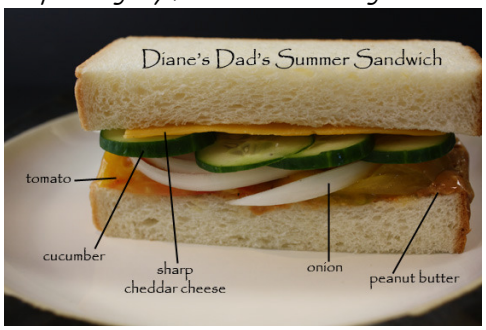
Summer Sandwich

Adapted slightly from NPR's All Things Considered, Found Recipes, July, 2013



From NPR's All Things Considered

2 slices whole grain bread

2 tablespoons Laura Scudder's Crunchy Peanut Butter

1/2 slice sweet onion (thinly sliced) or sweet red onion

12 thin slices hothouse cucumber

2-4 slices ripe tomato

Salt and freshly ground black pepper to taste

sharp cheddar cheese

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 1

1. On the bottom slice of bread spread the crunchy peanut butter.
2. Separate the onion and place on top of peanut butter (you can use regular onion, but soak in acidulated water for 15 minutes to reduce the rawness of it (1/2 cup water, 1 T white vinegar).
3. Overlap the cucumber slices on top of the onion, adding more layers if the slices are really thin.
4. Place sliced tomatoes on top of cucumber.
5. Add cheddar cheese and place top bread on. Pick up sandwich with both hands, with peanut butter on the BOTTOM and dig in!

Per Serving (excluding unknown items): 422 Calories; 18g Fat (39.2% calories from fat); 15g Protein; 49g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 528mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Vegetable; 1/2 Fat.