



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

White Bean Avocado Sandwich

Serves 4

I've tried mashing the beans up with a potato masher, but I really do prefer the creamy smooth texture a food processor provides. Also, one thing I've learned after making this a few times is to overseason the beans. The seasonings in the beans are flavoring the entire sandwich, so add the lemon juice, salt, and pepper until just past how you'd normally prefer them. Because I'm apparently salt-crazy, I also give the avocado slices a light sprinkling of salt, as well as squeeze some more lemon juice over them.

1 (15-ounce) can white beans, drained and rinsed
1 lemon
salt and pepper
8 slices hearty whole-grain sandwich bread
1 avocado, quartered, peeled, and sliced thin
a few leaves of leaf lettuce, torn into sandwich-sized pieces
some alfalfa sprouts
a bit of red onion, sliced thin

1. In a food processor, puree the beans until they're completely smooth. Season with lemon juice, salt and pepper to taste (see note). I took notes on about how much of everything to add and then lost them, but I think a reasonable place to start is 2 tablespoons lemon juice, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{8}$ teaspoon pepper.
2. Thickly spread one side of each piece of bread with the bean mixture. Top four of the bread slices with slices of avocado, a bit of onion, and plenty of lettuce. Press some sprouts into the bean mixture on the other four slices of bread. Place the sprout-bread, spout side down (duh) on the other-stuff-bread, slice the sandwich in half if you want, and enjoy.