



Soup & Sandwiches

Artichoke Spread, Tomato & Avocado Panini

- 1 12-oz jar of Artichoke Salad (with Pimento and olives)
- 1 15-oz can of garbanzo beans (drained and rinsed)
- 1 medium onion, diced
- 6-8 garlic cloves, minced
- Bread of choice
- 3 to 4 fresh tomatoes, thinly sliced
- 2-3 avocados, sliced
- vegan butter for grilling

TIP: Create your own artichoke salad by combining artichoke hearts, pimentos and green olives



To make the spread:

1. Sauté onions and garlic in saucepan until onions are translucent.
2. Add the jar of Artichoke salad, or combination of artichoke hearts, pimentos and green olives to equal 12-ounces, and garbanzo beans into the saucepan. Simmer for about 5-8 minutes.
3. Place all ingredients in food processor and blend till smooth.

To assemble Sandwiches:

4. Spread artichoke mixture on one side of bread.
5. Layer thinly sliced tomatoes and avocado on top of spread and then top with another slice of bread.
6. Toast sandwich in Panini press or in a skillet until golden brown. If using skillet, press the sandwich down with a press, heavy plate, flat pot lid, or metal spatula.

Serves 8 to 10