



Vegan Beet and Sweet Potato Sandwich

30
minutes
or less



INGREDIENTS

2 small red beets, (about 6-oz.); peeled and sliced
2 small golden beets, (about 6-oz.); peeled and sliced
1 medium sweet potato, (about 6-oz.); peeled and sliced
1 ½ tbsp Gustare Vita olive oil
1 tsp Hy-Vee ground cumin
8 (½-in.) slices Hy-Vee Bakery sourdough bread, toasted
⅓ cup vegan mayonnaise substitute
1 cup baby arugula
2 avocados, seeded, peeled, sliced
12 small fresh basil leaves

PREPARATION

- 1** Preheat oven to 425°. Line a large rimmed baking pan with foil; spray with nonstick spray. Arrange red and golden beets on one side of prepared baking pan and sweet potato on the other. Drizzle with olive oil and sprinkle with cumin. Roast 18 to 20 minutes or until fork tender, tossing halfway through.
- 2** To serve, spread one side of each slice of toasted bread with vegan mayonnaise. Layer half of the toasted bread slices with arugula, red and golden beets, sweet potato, avocado and basil. Top with remaining toasted bread slices, mayonnaise sides down, and cut in half.

NUTRITION FACTS

Calories: 570
Total Fat: 34g
Saturated Fat: 3.5g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 580mg
Carbohydrates: 59g
Fiber: 5g
Sugar: 10g
Protein: 8g