

Roasted Pepper and Hummus Sandwiches



- 2 large red bell peppers
- 1 small red onion, sliced into thin half-moons
- 1 cucumber, sliced thinly into rounds
- Hummus, either store bought or homemade (recipe follows)
- 1 loaf French bread



- 1 can cannellini beans, rinsed and drained
- 2 cloves garlic
- 1 tbsp fresh lemon juice
- 2 tbsp good quality olive oil
- ¼ tsp sea salt
- Pepper and red pepper flakes to taste

Method:

- Combine all hummus ingredients into a food processor or blender and blend until smooth. Add water as necessary.
- Slice the French bread into 16 slices about ½ inch thick. Bake or grill slices till nicely browned.
- Roast the peppers over a stove top or grill on high heat, turning to make sure all sides are blackened. Place into a bowl and cover, allowing to cool. Remove skins and discard. Slice the peppers into sizes that fit your sandwich bread.
- Spread the hummus on each side of your bread. Place the onions, bell peppers, and cucumbers inside. Serve at room temperature, or add to a panini press to heat it.





