

Roasted Beet Sandwich With Hummus and Feta (Yields 3 Sandwiches)

-6 slices of your favorite type of bread, toasted
-6 Tbsp hummus of your choice
½ of an onion, sliced
-Couple handfuls of Arugula or leaves of lettuce
-3 Tbsp Feta or goat cheese, crumbled
-3 Beets, fresh with skin still on, stems trimmed
-1 Tbsp extra virgin olive oil
Salt and pepper to taste
few slices of cucumber

1. Preheat oven to 400 degrees.
2. Scrub your beets clean and make sure the stems are trimmed off. Keep the skin on and dry them.
3. Place the beets in the middle of a pretty large piece of foil (large enough to fold over the beets to make a pouch).
4. Drizzle the beets with olive oil and sprinkle with the salt and pepper.
5. Fold the foil to make a pouch so that no beet juice will squirt out into the oven.
6. Place the beets in the oven for about 60 minutes or until tender when pierced with a fork.
7. Once the beets are done, let them cool a bit (you can run them under cold water) and peel them, they should peel easily (Caution: beet juice stains so be quick to clean it up).
8. Slice the beets once they are peeled.
9. Toast your bread and then spread your hummus on one piece of bread per sandwich then add some arugula and onion.
10. Next, place the beet slices on. Top with a sprinkle of feta, salt and pepper. Top with your other piece of bread and take a bite of heaven!

Nutritional Facts: 3,343 Calories, 165 Carbs, 229g Fat, 164g Protein, 10,033 mg Sodium, 68g Sugar