

# Quick Salad/Sandwich

My most favorite meal of all time. It's so simple and so yummy. It can't be beat..

## Categories

Gluten-free

Yields: 1 serving

Preparation time: 1200 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Experienced

Preparation style: Partly raw



## Ingredients

Lettuce, romaine or cos	1 cup
Tomato raw (includes cherry, grape, roma)	1 cup
Cucumber, raw, with peel	1 cup
Avocado, green skin	5 slice
Celery, raw	1 cup
Baguette	1 regular - about 9" long
Hummus (chickpea dip)	1 cup
Green bell peppers, raw	1 cup

## Instructions

Chop up all the veggies. Add the hummus and mix well into the salad. Use your favorite French baguette. Trader Joe's has a tasty organic baguette. Scoop out a bit of the crumb (The soft inner part of bread is called the Crumb, not to be confused with crumbs.) Then scoop the salad into the baguette and enjoy! (Photo to follow.)