

# National Sandwich Day + Mediterranean Veggie Sandwich Recipe

Today is [National Sandwich Day](#). Oh, right, and today is also known for another reason you may have heard just a little about... **Election Day 2020**. Coincidence? Probably. Although... if you—like me—think Election Day is going to be a **Very. Long. Day**, then maybe a sandwich is just what you need to keep energy levels up for keeping up with the polls.



According to [History.com](#), the sandwich—as we know it today—was coined in mid-1700's England after the 4th Earl of Sandwich, John Montagu. **Folklore has it** that the Earl would spend hours gambling, and he asked the cook to whip up something he could

easily nosh while gambling. Apparently, the Earl of Sandwich was so fond of this meat-sandwiched-between-two-bread-slices creation that he ate it quite frequently. And, ultimately, this hand-held meal was named after him. However, the concept of a sandwich had existed in the Mediterranean long before Mr. Montagu.

And while historical records and cookbooks show it took this country a few decades to accept this popularized British food, the sandwich now rules the American lunch. And, dinner. And, breakfast. In fact, we love sandwiches so much so that it's estimated Americans eat **more than 3 million sandwiches a day!** (Yes, that's a LOT of sandwich-eating!)

So in honor of the Mediterranean heritage of this British-based American favorite, I created this [Mediterranean Veggie Sandwich](#). This vegetarian hand-held is loaded with **plant-based goodness**. It's rich in **dietary fiber** for heart and gut health, **folate** for heart and baby health, **vitamin C** for immune health and **vitamin K** for bone health and proper blood clotting. Best of all, this sandwich comes together in about **15 minutes** and makes a tasty, plant-based and **power-packed meal**, whether for lunch or dinner. Serve alongside a cup of tomato soup or a piece of fruit for a complete meal.



# Mediterranean Veggie Sandwich



This vegetarian sandwich comes together in about 15 minutes and makes a tasty and power packed lunch. Rich in folate, potassium, dietary fiber, protein and vitamins C and K, this sandwich will please even meat lovers.

- 2 teaspoon olive oil, divided
- 1 each red bell pepper, thinly sliced
- 1 each zucchini, sliced
- 1 each yellow squash, sliced
- 4 slices whole grain bread
- 2 tablespoons hummus
- 4 ounces feta cheese, crumbled
- 1/2 cup baby spinach
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon dried oregano
- salt and pepper, to taste

1. In a small pan, heat 1 teaspoon olive oil over medium heat. Add peppers, zucchini and squash; cook for 5 minutes.
2. While vegetables are cooking, toast bread lightly in toaster. Spread hummus evenly on top of all four bread slices. Drizzle with remaining olive oil, vinegar and oregano.
3. Top hummus with sauteed vegetables, then evenly sprinkle

on feta cheese and top with spinach. Place one slice of toast on top of each sandwich.

**PLEASE SHARE:** What is your favorite sandwich? Please share. We'd love to hear from you!