

# Lentil & Butternut Squash Sandwich

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 1    Serving Size: 1 Sandwich

Ingredients	Quantity	Measure
Field Roast Lentil Sage Deli Slices	3	Ounces
Butternut squash, diced	$\frac{3}{4}$	Cup
Fresh thyme	$\frac{1}{4}$	Teaspoon
Cranberry sauce	1	Tablespoon
Hummus	1 $\frac{1}{2}$	Tablespoons
Baby kale	1	Cup
Garlic, minced	1	Teaspoon
Multigrain bread	2	Slices
Salt		To taste
Ground black pepper		To taste

## Preparation

1. Toss squash with olive oil, salt, pepper, and fresh thyme. Roast until lightly browned and tender.
2. Sauté baby kale in olive oil with garlic, salt, and pepper.
3. Build sandwich: bread, hummus, roasted squash, Field Roast Lentil Sage Deli Slices, baby kale, cranberry sauce, and bread.
4. Toast sandwich on flat top until golden brown and crisp.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 469 Total Fat: 9.5g Saturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Sodium: 1059mg  
Carbohydrate: 58g Fiber: 13g Sugar: 14g Protein: 38g