



Recharging Robot Lunch

Serves 1. Prep time: 15 minutes.

Ingredients

- 4 slices pumpernickel bread
- ¼ cup red pepper or plain hummus
- 1 avocado, chopped
- 2 teaspoons lime juice
- ¼ cup chopped red onion or bell pepper plus one small slice
- 1 tablespoon chopped cilantro or shredded lettuce
- ¼ cup carrots, sliced into rounds
- 1 stalk celery
- 4 cherry tomatoes
- 1 small zucchini, sliced into half-circles
- 1 radish, sliced
- 2 green beans
- 2 sunflower seeds

Equipment

- Wooden skewers

Build your own lunch robot, programmed for maximum tastiness.



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Preparation

Make your sandwiches

Cut two slices of bread into 3½-by-3-inch rectangles and two more into 2-inch squares. Spread hummus on one rectangle slice and one square slice. Toss the avocado, lime juice and chopped red onion or bell pepper in a bowl and spread the mixture over the hummus. Sprinkle with the cilantro or lettuce. Top with the matching bread slices to make sandwiches and place on a plate with the small sandwich (head) above the large sandwich (body).



Decorate your robot

1. Use radish slices topped with sunflower seeds for the eyes.
2. Use the small slice of onion or bell pepper for the mouth.
3. Add a small zucchini slice and a short green bean piece for the top of the head.
4. Cut two celery sticks for the arms and use zucchini for the hands.
5. Arrange carrot rounds on the body, then slice a green bean into small rounds and place on top of the carrots.
6. Cut two short pieces of celery, then put the cherry tomatoes, celery and zucchini on the skewers for the legs and feet. Hide the skewer ends between the pieces of bread.



Tip

Use hummus to stick the veggies to the sandwich.

Recipe and photos by Mighty Media, Inc., mightymedia.com

Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
490	16 g.	0 mg.	640 mg.	76 g.	18 g.	18 g.

The nutritional values and information provided are approximations.