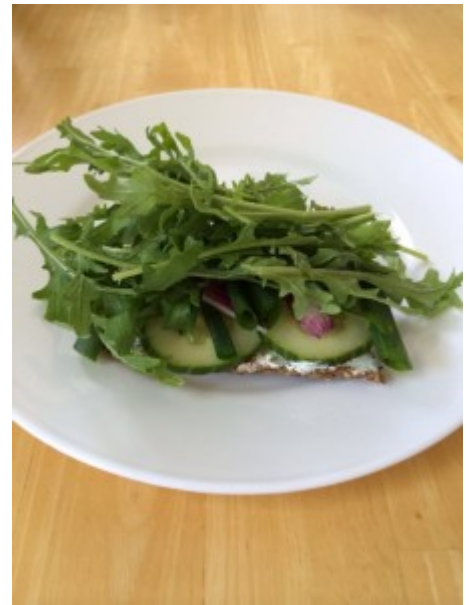


Open-Faced Farmers' Market Sandwich

The Leslieville Farmers' Market (located in Toronto east of Coxwell Avenue and Eastern Avenue on Sunday mornings) is full of all kinds of goodies. Almost everything to make up this sandwich is from that market. The flaxseed onion "bread" is the base. The Italian blend goat cheese from Crosswind Farm is so creamy like cream cheese. The green onions and lettuce/arugula are from local farmers that finish the sandwich. This is a easy, nutritious quick meal that will keep you going for hours. I have been having this for breakfast in the park for a 10-minute retreat before starting a full day of work.

Sansational!



Serves 1

Ingredients:

- 1 flaxseed onion "bread" slice
- 2 tbsp of spreadable goat cheese (the Italian blend flavour is my fave)
- 4 - 5 slices of cucumber
- 1 green onion, sliced lengthwise
- Mixed greens and/or arugula

Directions:

Spread goat cheese on flax bread. Top with cucumber, green onions and mixed greens lettuce and/or arugula. Add some carrot sticks on the side.

Sansational Note:

Be creative and add any veggie if your choice...sliced tomatoes, cucumbers, and even roasted beets!

