

# california beach sandwiches

BY CAROLINE CHAMBERS

Serves 4 to 6

Cook time: 20 minutes

Tools:

- [Chef's knife](#)
- [Cutting board](#)
- Jar or Tupperware container
- [Vegetable peeler](#)
- [Food processor](#) or [blender](#)
- Serrated knife
- Parchment paper (for wrapping the loaf in if you'll be transporting it)

Ingredients:

- 1 medium red onion, thinly sliced
- 3 large lemons
- 1 teaspoon sugar

- Kosher salt
- 2 avocados, pitted
- 1 (15-ounce) can any white bean, drained and rinsed
- 1 garlic clove
- 1/8 teaspoon black pepper
- 1 big ciabatta or focaccia loaf, halved through the middle
- 3 cups crisp lettuce leaves, such as Little Gem, Romaine, butter
- 1 English cucumber, zebra-peeled and thinly sliced
- 3 cups sprouts (about 4 ounces)
- 2 cups shredded carrots (buy a 10-ounce bag of shredded carrots)

First, make the lemon-pickled red onions. Thinly slice **1 medium red onion** and place the slices in a jar or Tupperware container. Add **the juice of 2 lemons, 1 teaspoon sugar, and 1/2 teaspoon kosher salt**. Get your sink water as hot as it will go, then fill the rest of the jar (to cover the onions) with hot water. Shake to combine and set aside.

Now make the avocado-bean spread: In a food processor or blender, combine the **2 pitted avocados, 1 drained and rinsed can of white beans, the juice from 1 lemon, 1 garlic clove, 1 teaspoon salt, and 1/8 teaspoon black pepper**. Blend until smooth.

Slice **1 big ciabatta or focaccia loaf** in half through the middle (so that there's a big top half and big bottom half) using a serrated knife. Spread the cut sides with the avocado-bean mixture.

*Now we're going to layer on the veggies. If you will be eating right away, as you add each layer, sprinkle a **tiny bit of kosher salt** onto each veggie layer. Properly seasoning each vegetable will make it an even more delicious sandwich. **HOWEVER**, if you're not eating the sandwich within 30 minutes, skip this step so that the vegetables don't sweat and make the sandwich soggy.*

On the bottom half of the ciabatta, add **a layer of lettuce leaves, 1 thinly sliced cucumber, 3 cups sprouts, 2 cups shredded carrots, and the lemon-pickled red onion**.

Top with the top half of the loaf and cut into 4 or 6 sandwiches. Enjoy!