



Published on *Nature's Own Bread* (<http://naturesownbread.com>)

[Home](#) > Monterey Veggie Melts

---

## Monterey Veggie Melts



[Any Nature's Own Bread](#)

You won't miss the meat in this open-faced vegetarian delight. It's piled high with fresh ingredients like avocado, tomato and Monterey Jack, then broiled until the cheese is bubbly and brown.

**Prep Time:**

15  
MIN

**Cook time:**

3  
MIN

**Total Time:**

18  
MIN

**Number of Ingredients:**

9

**Servings:**

4

**Level:**

Medium

**Ingredients:**

4 slices of any Nature's Own Bread, toasted

2 tablespoons chopped oil-packed sun-dried tomatoes

1/4 cup light mayonnaise

1 cup alfalfa sprouts

3 thin slices vidalia onion, separated into rings

1 avocado, sliced

8 tomato slices

4 (1-ounce) slices or 1 cup shredded Monterey Jack cheese

salt and pepper to taste

**Instructions:**

Combine mayonnaise and sun-dried tomatoes in small bowl.

Spread evenly over 1 side of each bread slice.

Place on baking sheet.

Top evenly with sprouts, onion, avocado and tomatoes; season tomatoes with salt and pepper.

Top with cheese. Broil 2-3 minutes or until cheese melts and is lightly browned.

---

**Source URL:** <http://naturesownbread.com/recipe/monterey-veggie-melts>