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Vegetarian Melts



[100% Whole Wheat](#)

You don't have to be a vegetarian to love these melts with pesto-mayonnaise, avocado, red peppers, onions, mushrooms and Monterey Jack cheese.

Prep Time:

13
MIN

Cook time:

7
MIN

Total Time:

20
MIN

Number of Ingredients:

9

Servings:

4

Level:

Medium

Ingredients:

4 slices Nature's Own 100% Whole Wheat Bread

1/3 cup mayonnaise

2 tablespoons prepared pesto sauce

1 avocado, sliced

1 cup roasted red peppers cut into 1/2" strips

1/3 cup thinly sliced red onion

1 cup sliced mushrooms

1/2 cup shredded Monterey Jack cheese

Alfalfa sprouts, optional

Instructions:

Lightly toast one side of the bread slices under broiler.

Meanwhile combine mayonnaise and pesto in small bowl.

Spread 1 tablespoon pesto mixture on untoasted side of each bread slice, making sure to spread it slightly over edges of bread. (There will be some pesto mixture left over.)

Broil 1 to 2 minutes or until golden.

Layer avocado, red pepper, onion and mushrooms over pesto side of bread slices, dividing evenly. Brush remaining pesto mixture over the tops of the sandwiches.

Broil for 2 minutes.

Sprinkle 2 tablespoons cheese over top of each sandwich. Return to broiler for 3 minutes or until cheese is melted and golden.

If desired, top sandwiches with sprouts before serving.

Cooks Notes:

Prepared pesto sauce can be found in the refrigerated pasta case of supermarkets. Roasted red peppers come in jars and can be found in the Italian section of supermarkets. Drain the peppers before using.

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