

# Our State eats

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## Charlotte's Classic Vegetable Sandwich

*Yield: About 3 dozen party sandwiches.*

- 1 large carrot, peeled
- 1 cucumber, peeled and seeded
- 1 green bell pepper, seeded
- 1 small onion
- 1 envelope unflavored gelatin
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup mayonnaise

Salt to taste

Sliced white or whole wheat bread, crusts removed

Grate or finely mince vegetables. Drain in a sieve over a bowl, pressing out juices. Combine gelatin with 2 to 3 tablespoons of reserved juices. Gently heat until gelatin dissolves. Cool to room temperature. Mix juices, vegetables, mayonnaise, and salt to taste. Chill until firm but spreadable. Spread on half of the bread slices; top with remaining slices. Cut each sandwich into triangles or 3 to 4 finger slices.

### Alternatives to Try

**Jan Thompson's recipe:** Add  $\frac{1}{2}$  cup finely chopped celery and 1 to 2 tablespoons lemon juice, to taste.

**Junior league recipe:** Add 4 tomatoes, ground and seeded.



**Mary Newsom's vegetable sandwiches 2.0:** Add  $\frac{1}{2}$  cup minced cabbage; 1 small jalapeño pepper, seeded and minced; and  $\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon black mustard seed. May substitute Greek yogurt for all or part of the mayonnaise.

**Note:** Proportions of vegetables and mayonnaise can vary somewhat. Fresh arugula tucked in the sandwich adds a nice peppery flavor.

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