Courtesy of Bon Appetit and https://www.bonappetit.com/recipe/california-veggie-sandwich
Recipe by Chris Morocco   Photos by Gentl & Hyers

INGREDIENTS

Pickles   2 cups apple cider vinegar

½ cup (packed) light brown sugar
¼ cup kosher salt
4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

Dressing and Assembly   ¼ cup buttermilk   ¼ cup plain whole-milk Greek yogurt
1 tablespoon fresh lemon juice   6 tablespoons olive oil, divided
Kosher salt, freshly ground pepper   2 ripe avocados, halved
6 ounces fresh goat cheese   6 cups mixed lettuce leaves, ribs removed if thick
8 slices multigrain bread, toasted   ½ English hothouse cucumber, thinly sliced on a
diagonal and 2 cups sprouts   (you can substitute hummus for the goat cheese)

Special Equipment   2 heatproof 1-qt. glass jars

RECIPE PREPARATION

Pickles

Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool.
Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

Dressing and Assembly

Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.

Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper.

Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.

Add lettuce to dressing and toss to coat; season with salt and pepper. Spread avocado mixture over 4 slices of bread.

Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

NOTE: for Intolerances:
Feel Free to use Gluten Free Bread or other well tolerated grains breads that you like.

NOTE: If you are lactose intolerant; Make a basic vinaigrette see Njeri's Tangy Vinaigrette Recipe or the Tahini Dressing.