

Vegi Sandwich

1 serving

1-2 slices whole wheat bread
1 T non-hydrogenated spread (optional*)
1 T soy mayonnaise
1 teaspoon mustard
4-6 slices cucumber
4-6 slices red bell pepper
1-2 slices tomato
1-2 slices soy or rice “cheese”
Spring greens or 1-2 leaves of lettuce

To assemble:

Spread both pieces of bread with spread – (*if you plan to eat this sandwich at a later time, this will prevent the bread from soaking up the mayo, mustard and liquids from vegetables. Omit if you desire). Spread mayonnaise and mustard on slices of bread to your preference. Distribute vegi’s and slice(s) of cheese, cover with tomato and lettuce and either top with second slice of bread or eat as an open faced sandwich.

Other vegetable options might include: sprouts, shredded carrots, avocado, onion, pickles, roasted red peppers, zucchini, etc.