

Sandwiches and Wraps

Missing Egg Sandwich

Serves 6

These sandwiches have the flavor and appearance of egg salad without the saturated fat and cholesterol.

1/2 pound firm reduced-fat tofu (1 cup)
1 green onion, finely chopped, including green top
2 tablespoons pickle relish
2 tablespoons vegan mayonnaise
2 teaspoons stone-ground mustard
2 teaspoons reduced-sodium soy sauce
1/4 teaspoon cumin
1/4 teaspoon turmeric
1/4 teaspoon garlic powder
12 slices whole-grain bread
6 lettuce leaves
6 tomato slices

Mash tofu, leaving some chunks. Add green onion, pickle relish, vegan mayonnaise, mustard, soy sauce, cumin, turmeric, and garlic powder. Mix well. Spread on whole-grain bread and garnish with lettuce and tomato slices.

Recipe from Healthy Eating for Life for Children by Amy Lanou, Ph.D.

Submarine Sandwiches

Serves 4

1 pound baked tofu
4 submarine sandwich rolls
sliced onion
sliced green pepper
sliced tomato
lettuce leaves

pickles

1 tablespoon herb-flavored vinegar

2 tablespoons olive oil

Slice the baked tofu and spread slices in each of the rolls. Top with slices of vegetables. Whisk together the vinegar and oil and drizzle just a small amount into each sandwich.

*Recipe from The Vegetarian No-Cholesterol Family-Style Cookbook
by Kate Schumann and Virginia Messina, M.P.H., R.D.*

Thai Wraps

Serves 6

1 tablespoon peanut butter

3 tablespoons water

2 tablespoons soy sauce

1 small onion, chopped

1 carrot, thinly sliced

1 celery stalk, thinly sliced

2 cups sliced mushrooms

1/2 pound firm tofu, cut into 1/2-inch cubes

1 1/2 teaspoons curry powder

1/2 red bell pepper, diced

1/2 cup chopped cilantro (*optional*)

2 cups finely chopped kale

6 large flour tortillas

2 cups cooked brown rice

6 tablespoons Plum Sauce (recipe follows)

Mix the peanut butter with 3 tablespoons of water. Set aside.

Heat 1/2 cup of water and the soy sauce in a large, nonstick skillet. Add the onion, carrot, celery, and mushrooms, and cook 5 minutes, stirring occasionally. Stir in the tofu and cook over medium-high heat, stirring often, until the vegetables are tender, about 5 minutes. Stir in the curry powder, red bell pepper, cilantro (if using), kale, and peanut butter mixture. Cover and cook until the kale is tender, about 5 minutes.

Heat the tortillas in a dry skillet until soft. Place about 1/2 cup of the vegetable mixture along the center of the tortilla. Top with 1/3 cup of brown rice and 2 teaspoons of Plum Sauce. Roll the tortilla around the filling.

Plum Sauce:

1 17-ounce can purple plums in heavy syrup
2 garlic cloves
1 tablespoon cornstarch
2 tablespoons seasoned rice vinegar
1 tablespoon soy sauce
1/8 teaspoon cayenne (more or less to taste)

Remove pits from the plums, then purée plums in a blender or food processor along with their liquid and the remaining ingredients. Heat in a saucepan, stirring constantly, until thickened.

Recipe from Turn Off the Fat Genes by Neal Barnard, M.D.;
recipe by Jennifer Raymond.

Veggie Wraps
Makes 4 wraps

Veggie Wraps make a perfectly delicious, vegetable-rich meal.

1/4 cup sunflower seeds
4 whole wheat tortillas
1–2 cups hummus
1–2 cups mixed salad greens or torn leaf lettuce
1 carrot, shredded
1 cup bean sprouts

Preheat oven or toaster oven to 375°F.

Place sunflower seeds in a small ovenproof dish and oven-roast until lightly browned and fragrant, about 10 minutes. Set aside.

Warm tortillas, one at a time, in a large, dry skillet, flipping to warm both sides until soft and pliable.

Spread each tortilla evenly with about 1/2 cup of hummus, leaving edges uncovered.

Divide remaining ingredients evenly among tortillas.

Wrap tortillas around filling.

Recipe from Healthy Eating for Life for Women by Kristine Kieswer.