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Sprout Sandwich with Tofu Ricotta

Produces approximately 10 sandwiches

15 minutes prep & assembly

Ingredients:

Sun-dried tomato pesto

1/2 cup baby spinach, packed

4 tbsp sun-dried tomatoes about 8 tomatoes

2 tbsp pine nuts

2 garlic clove

1 tbsp nutritional yeast

2 tsp garlic powder

1/2 tsp salt

2tbsp sun-dried tomato oil

Tofu ricotta:

2 blocks extra firm tofu

2 tbsp olive oil

2 tsp cider vinegar

2 tsp lemon juice

1 tbsp nutritional yeast

1 tsp garlic powder

1 tsp onion powder

Assemble:

Bread (something grainy)

Alfalfa sprouts

roma tomato sliced

red onion sliced vertically and very thin

Instructions:

Blend all Pesto Ingredients

Blend all Ricotta ingredients

Assemble sandwich by spreading a thick layer of pesto on one slice and a thick layer of ricotta on the other slice. Spread out onions to taste, then tomatoes and top with sprouts. Place the second slice on top and cut on the bias and enjoy!

Adapted from The High-Protein Vegan Cookbook by Ginny Kay McMeans