

Toasted “cheese” Sandwiches with Classic Coleslaw

2 servings

Sandwiches

4 slices whole wheat or other whole grain bread

1-2 tablespoons non-hydrogenated spread

4 slices soy or rice “cheese”

4 slices of tomato

Heat the frying pan or wok to medium-high. “Butter” each piece of bread and turn over. On dry sides of bread, place a slice of “cheese.” Add tomatoes and assemble. “Buttered” sides are now on the outside. Place in pre-heated pan. Cook until golden brown on both sides.

If “cheese” won’t melt, pour 1-2 teaspoons of water into pan or wok, cover and steam for a few seconds.

Garnish with lettuce, cucumber, bell pepper. These items can also be cooked in the sandwich.

Classic Coleslaw

4 large servings

1/2 head of a medium green or purple cabbage (or a mix of both), shredded

2 carrots, grated

1 cup onion, diced or grated

Toss together in a large bowl.

Dressing

½ c soy-based mayonnaise

2 t raw sugar or agave nectar

2 t vinegar (rice or apple cider)

½ t celery seed

1-2 t soy, rice or almond milk to thin to desired consistency

Sea salt to taste

Combine all ingredients in a jar, tighten lid and shake until mixed. Or whisk all ingredients together in a bowl until smooth. Season to taste. Add desired amount of dressing to salad, mix and serve.

For more information see: www.e2se.org