

HEALTHY SUMMER SANDWICHES



CAULIFLOWER SALAD PITAS

1 head cauliflower
Veganise
lemon juice
Italian seasoning
pita pockets

To prepare, steam cauliflower. Cool and chop finely. Add Veganise, lemon juice, Italian seasoning, and salt and pepper to taste. Stuff pita pockets. Add sliced tomato and lettuce if desired.

TUNA & APPLE SALAD

20 ounces chunk light tuna in water, drained
1 medium apple, diced
¼ cup minced red onion (optional)
¼ cup Veganise

Place all ingredients in a medium bowl and stir to combine. Salt and pepper to taste.

COPYCAT VEGGIE IN & OUT BURGER

**2 veggie burger patties
1/2 onion diced
1 tomato
yellow mustard
2 slices american cheese
lettuce
pickle chips
2 hamburger buns
1 tbsp ketchup
1 tbsp Veganaise
2 tsp sweet relish**

Make sauce by combining ketchup, Veganaise, and relish. Set aside. Dice onion & slice tomato. Prep lettuce. If you'd like grilled onions, put in a pan over med-low heat with 1 tsp of oil and stir often until browned. Toast the hamburger buns face down in the onion pan. Fry veggies patties on one side. Add mustard to the top of each patty and then flip. Place a piece of cheese on top of each patty & finish cooking. Place sauce on bottom bun, then pickles, tomato & lettuce. Add a veggie patty and half of the onions on each bun.

***Adapted from Burger Artist**