

Sandwiches

- Vegetarian Deli Sandwich
- Gina Sabatini's Lavash Wraps
- Spinach Wraps

Vegetarian Deli Sandwich

Ingredients

2 slices Litalife veggie meat

2 slices bread

1 oz. cheddar cheese, sliced

Directions

1. Place bread in toaster with cheese arranged on top of each slice. Toast until cheese has started to melt.
2. Place a slice of veggie meat over cheese on each slice of bread.
3. Continue toasting until cheese has melted.
4. Combine bread slices and enjoy!

Cost Breakdown

Vegetarian Deli Meat-Cheese Sandwich -- ~\$1.80; 1 meal for 1 person

2 slices Litalife chickpea and red pepper veggie meat (10 slices for \$3.99) -- \$.80

2 slices bread (16 slices for \$2.99) -- ~\$.37

1 oz. cheddar cheese (\$9.99/lb) -- ~\$.63

Gina Sabatini's Lavash Wraps

Source: Gina Sabatini

Ingredients

Avocado Spread

1 large avocado or 2 small avos
1-2 cloves garlic, crushed
2 tablespoons olive oil
2 tablespoons water
dried cilantro, to taste
salt, pepper
1 teaspoon cumin
half a serrano pepper
juice of 1/2 a lime

Veggies

1 large head of cauliflower, chopped
2 14oz cans chickpeas
2 teaspoons + chilli powder
2+ teaspoons garam masala
1/2 teaspoon cayenne
oil, salt, pepper

lavash (or pita bread)

Greek yogurt (I recommend Fage brand, full fat, for this recipe)

Instructions

1. Preheat oven to 425F. Pat cauliflower and chickpeas dry. Spread on rimmed cookie sheet.
2. Drizzle with olive oil and coat with spices. Stir. Roast for 15 to 20 minutes (or more time if you like things crunchy)
3. Puree avocado spread ingredients in a food processor.
4. Spread avocado dip on pita or lavash, top with veggies and a few dollops of yogurt. Wrap like a burrito and enjoy!

Spinach Wraps

Spinach Wraps

Usually made with the spelt tortillas.

Ingredients

- 1 cup onion, minced
- 8-10 garlic cloves, minced (can also add powdered garlic for more garlicky flavor)
- 1 tsp salt (additional to taste if needed)
- 2 bunches spinach, sliced into strips
- 3/4 tsp dried thyme or 1 1/2 tsp fresh thyme
- 10 oz French lentils
- 1-2 tsp cider vinegar
- ~1/4 cup pine nuts, slightly crushed
- 1 tsp veggie broth paste
- Olive oil
- Water

Directions

1. Saute half the garlic and all the onion in some olive oil with salt.
2. Add thyme and saute a bit more, then add lentils and mix.
3. Add 3 cups of water, veggie broth paste, vinegar, and pine nuts. Simmer, stirring regularly and adding a bit more water as needed, until lentils are soft.
4. Saute the rest of the garlic and the spinach separately in some olive oil. Adds it to the lentil mix toward the end and continue cooking until the mixture is dry enough to put into wraps.
5. Fill each wrap with filling and roll up. Serve warm or cold.