

TLT Sammy

Swick

Makes 3 sandwiches | Active Time: 15 minutes | Total Time: 2 hours

Step 1: Making the Sandwich & Fixings

- 3 tablespoons extra-virgin olive oil
 - 5 tablespoons soy sauce or tamari
 - 1 tablespoon balsamic vinegar
 - 1 tablespoon maple syrup
 - 8 ounces tempeh, cut into 1/3-inch-thick strips
 - 6 pieces sliced hearty whole grain or sourdough bread
 - 1 avocado, sliced (or guacamole)
 - Hummus, mustard, or vegan mayonnaise
 - 1 tomato, sliced
 - 1 cup greens like romaine, spinach, and/or sprouts
- Whisk together oil, soy sauce, vinegar, and maple syrup. Pour over tempeh and marinate 1-2 hours.
- In a sauté pan over medium-high heat, cook the tempeh for a couple minutes on each side, until browned. Then let cool.
- Assemble your sandwich: Toast bread (if desired) and slather with smashed avocado and hummus, mustard, or mayo. Top with tomato, greens, tempeh, and another dressed slice of bread.