

BLT

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF JUSTIN CASSIDY

Servings: 6 Serving Size: 1 Sandwich

Ingredients	Quantity	Measure
Tofurky Smokey Maple Bacon Tempeh	2	Packages
Baby kale	4	Ounces
Whole wheat bread	1	Loaf
Roma tomatoes, sliced	3	Each
Vegenaise Garlic Aioli	½	Cup
Fresh basil, chiffonade	1	Tablespoon

Preparation

1. Combine basil & Vegenaise seasoning to taste with salt & pepper.
2. In olive oil brown both sides of the sliced tofurky
3. Mark bread on grill.
4. Assemble sandwiches: bread, aioli, lettuce, tomato, tofurky maple bacon tempeh, bread.

Nutrition Information

 *From USDA Nutrient Database

Calories: 639 Total Fat: 32.2g Saturated Fat: 2.7g Trans Fat:0g Cholesterol: 0mg Sodium: 558.8mg
Carbohydrates: 68g Fiber: 12.5g Sugar: 4.6g Protein: 19.3g Potassium: 400mg

