

Tofurky Avocado Sandwich

DEVELOPED BY: Tara McLean at Northern Michigan University

Servings: 1

Serving Size: 1 sandwich

Ingredients	Quantity	Measure
9 grain wheat bread	2	slices
Tofurky Oven Roasted Deli Slices	4	slices
Tomato, sliced	4	slices
Romaine lettuce	2	pieces
Avocado	1/2	avocado
Lemon juice	1	teaspoon
Salt		to taste
Pepper		to taste

Preparation

1. Toast the 9 grain wheat bread.
2. Slice your avocado and place on the bottom piece then add a little lemon juice and salt and pepper.
3. Next, add 4 folded pieces of the deli slices followed by the tomato and lettuce, and top bread.