



“California Classic” Sandwich with Spicy Avocado Hummus

(Serves 4)

Per serving (1 sandwich): Calories: 395; total fat: 22 g; saturated fat: 2 g; carbohydrate: 37 g; fiber: 7 g; protein: 18g; sodium: 394 mg.

Ingredients for the sandwich:

1 14 oz. package extra-firm tofu
2 tablespoon rice vinegar
Lime juice (to taste)
½ teaspoon salt
½ teaspoon pepper
1 teaspoon cayenne pepper
2 tablespoons peanut butter
1 inch ginger piece, peeled
2 limes, juice only
1 tablespoon agave nectar
¼ cup water
½ teaspoon sea salt
½ cup sliced green and red peppers
¼ cup sliced jalapenos
(remove seeds)
½ cup sliced red onions
½ cup white button or cremini mushrooms, sliced
2 teaspoons vegetable oil
Fresh avocado slices
Fresh spinach
Shredded carrots
Ciabatta bread

Ingredients for the hummus:

1 16-ounce can sodium-free garbanzo beans
2 tablespoons tahini
½ cup olive oil
1 Hass avocado
1 jalapeno pepper with seeds and veins
Juice from half a lemon
1 large clove garlic
2 tablespoons chopped cilantro
1 teaspoon salt

Directions:

1. Combine lime juice, rice vinegar, salt, pepper and cayenne pepper with tofu, then marinate overnight in refrigerator.
2. Place peanut butter, ginger, lime juice, agave, water and sea salt in blender and combine until smooth. Transfer to large bowl. Add vegetables and stir until coated.
3. Sauté vegetables in just enough vegetable oil to coat the pan, add salt and pepper.
4. For the spicy hummus spread, mix garlic, salt, tahini, cilantro and lemon juice in a food processor until smooth; add garbanzo beans and olive oil and process until smooth again, scraping the sides of the bowl occasionally. Add the avocado and jalapeno and pulse until they're chopped and incorporated into the hummus. Set aside.
5. Cut tofu crosswise into slices, then cut each slice into two triangles. Heat oil in a large skillet over medium-high heat. Carefully place tofu in skillet and cook 5 minutes on each side, until golden and crispy. Transfer tofu to a plate lined with paper towels to absorb extra oil.
6. Spread spicy hummus on both sides of the ciabatta bun, add fresh spinach, warm tofu, sautéed vegetables, shredded carrots and fresh avocado slices.

Recipe provided by Jim Metzger, printed in *All Animals* magazine, Nov/Dec 2016 issue, humanesociety.org/allanimals.