

Grilled Tofu Sandwich

SERVINGS
3

PREP TIME
10 MIN

COOK TIME
20 MIN

TOTAL TIME
30 MIN

This flavorful sandwich features marinated tofu and grilled vegetables piled high on toasted ciabatta rolls. Fire up the grill for a smoky twist, or easily adapt for a stovetop grill pan.



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Ingredients

Directions

This recipe shines on the grill, but can be conveniently adapted for a stovetop grill pan as well.

1

- 1 Container Tofu
- Drizzle of Olive Oil
- Seasoning of Choice (taco, soy sauce, Nature's Seasons, etc)

PREPARE TOFU

- Preheat grill to medium high temperature.
- Use a tofu press or wrap the tofu in a clean kitchen towel and place a heavy pan on top to squeeze out excess liquid.
- Cut tofu slab widthwise into 3 even slices.
- Drizzle the tofu slices with olive oil and coat them in your favorite seasonings. You can get creative here!
- If you have a grill pan, lightly grease it with cooking spray before placing the seasoned tofu. Otherwise, brush grill grates with oil and grill the tofu directly.
- Grill the tofu for 8-10 min per side, or until it reaches your desired level of firmness. You're looking for a slightly golden hue & slightly firm texture.

2

- 1 Eggplant
- 1 Red Bell Pepper
- 1 Zucchini
- 1 Yellow Squash
- Nature's Seasons
- Garlic Powder

PREPARE VEGGIES

- ✧ Choose your favorite veggies, there are no right or wrong choices.
- Thinly slice all veggies: slice eggplant into ½-inch thick rounds from stem end to bottom, bell pepper into smaller flattened pieces, and zucchini & yellow squash lengthwise (parallel to the longest side).
- Drizzle all with olive oil and season with a sprinkle of Nature's Seasons (or salt & pepper) and garlic powder. Flip and repeat with oil and seasonings.
- Place onto grill and cook about 8 minutes each side until crisp tender. Cooking time will vary according to vegetable and thickness.

3

- ½ Cup Vegan Mayo
- 3 tbsp Horseradish

PREPARE HORSERADISH SAUCE

- Mix mayo and horseradish in small bowl until fully combined. Taste and adjust amounts of each as desired.

4

- 3 Ciabatta Rolls
- Drizzle of Olive Oil

PREPARE ROLLS

- Split the rolls in half and brush them with olive oil.
- Grill them cut-side down for 2-3 minutes, or until nicely toasted and golden brown.

5

ASSEMBLE SANDWICHES

- Slather the horseradish sauce onto the toasted buns. Then, pile on a delicious layer of tofu and each of your grilled vegetables.