

# PLANTLIFEFORWARD



## Recipe:

### **Avocado, Tomato, and Greens Grilled Cheese Sandwich**

#### **Vegan**

**Total time:** 30 minutes

#### **Kitchen equipment:**

Toaster oven

Tablespoon

Teaspoon

Wooden cutting board

Two plates

Cutting knife

#### **Ingredients:**

Four slices of Whole Wheat bread

2-small to medium tomatoes (sliced thin flat)

4-Tablespoons of ready-made avocado spread

½-cup of greens (kale or spinach)

4-slices of Daiya non-dairy cheese (pre-sliced)

4-Teaspoons of organic extra virgin olive oil

Pinch of turmeric spice

Pinch of cayenne spice

Broccoli stalk or Pre-cut broccoli

#### **Preparation:**

- Preheat toaster oven at 350 degrees.
- Rinse tomatoes well and dry, and cut into flat slices, then set aside.
- Rinse broccoli (cut broccoli off stalk into florets or rinse pre-cut broccoli), and set aside.
- Place bread slices onto wooden cutting board
- With tablespoon, spread the avocado mixture onto the bread.

- Place sliced tomatoes on top of bread and avocado spread mixture.
- Place greens leaves, kale or spinach on top of tomatoes, large enough to cover bread slices.
- Place cheese slices on top of tomatoes.
- Carefully open door of toaster over, using a fork, pull the rack out midway that it is still inside the toaster oven.
- With the toaster oven open, pull rack out just far enough to slide each bread with toppings onto rack (I place only four at a time for my small size toaster oven).
- Toast the sandwiches until the cheese melts on top about 5 to 7 minutes, depending on type and size of toaster oven.
- When the cheese is fully melted on top of sandwich, then remove sandwiches from toaster over (I use a metal spatula to remove sandwiches from toaster over).
- Place two sandwiches on each plates (one sandwich per plate if sandwich is for a youth).
- Pour one teaspoon of organic extra virgin olive oil on top of cheese on each sandwich.
- Sprinkle pinch of turmeric and cayenne spices on top of cheese on each sandwich.
- Place broccoli around the sandwiches for healthy "chips" and eat.
- Enjoy!

#### **Variations to Sandwich:**

##### ***Tofu, Avocado, Tomato and Greens Grilled Cheese Sandwich***

I place pre-cooked seasoned tofu cut into slices on top of tomatoes, then cheese on top and melt cheese on sandwich in toaster oven.

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*"Advocate going forward in living a life with plant-based food consumption for wellness of body, mind, soul, and spirit." ~ Virginia G. Pierce-Kelly*

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