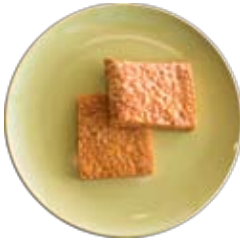




TEMPEH REUBEN

INGREDIENTS



1/4 cup good quality sauerkraut (we use the Brinery)



2 sliced good quality rye bread (we use Avalon organic rye)

4 oz. good quality organic Tempeh (we use the Brinery) marinated overnight in soy sauce, dijon mustard & fresh squeezed OJ



2 tablespoons good quality aged white cheddar (we use Cabot's — or no cheese for vegan)



2 teaspoons sauce (ranch dressing and Frank's hot sauce or vegane & Frank's hot sauce for vegan)

INSTRUCTIONS

Put the tempeh and sauerkraut in a hot pan to get warm.

Place the cheese (if using) on a piece of bread, and the sauce on the other piece of bread.

Place the bread (cheese side up & sauce side up) in an oiled pan.

Place the warmed tempeh and

sauerkraut on each piece of bread.

Close up the sandwich and continue grilling till brown, then flip over. Cover with a lid while the other side browns.

Serve with a side salad for a tasty, filling vegan or vegetarian sandwich.



This month's healthy recipe comes from Susan Todoroff of Juicy Kitchen