

Bahn Mi

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

Servings: 4 Serving Size: 1

Ingredients	Quantity	Measure
Carrots, shredded	½	cup
Cucumber, shredded	½	cup
Mirin or brown rice vinegar	¼	cup
Tofu, firm, drained, cut in 3 sections, then quartered	14	oz.
Garlic, minced	2	cloves
Sesame Oil	2	tbsp.
Tamari	¼	cup
Chili Sauce, like Sriracha	½	tsp.
Fresh Jalapenos, sliced	1	Each
Fresh Cilantro, chopped	1	tbsp.
Fresh Green Onions, sliced	1	bunch
Soft Hoagie Rolls	4	each
Lime Juice	1	tbsp.
Just Mayo, vegan mayonnaise	1	tbsp.

Preparation

1. Marinate the carrots and cucumber in the mirin and refrigerate for 1 hour.
2. Mix the garlic, sesame oil, tamari and chili sauce. Marinate tofu in sauce for 30 minutes.
3. In a non-stick pan or on the grill, cook tofu on low heat without oil for 10 minutes, flipping once the sides are brown.

Serving Suggestion

Assemble the hoagie with marinated vegetables, sauce with tofu, jalapenos, cilantro, and green onions. Squeeze lime juice in mayo and spread on the hoagie bun.

Nutrition Information

 *From USDA Nutrient Database

Calories: 443 Total Fat: 17g Saturated Fat: 3g Carbohydrate: 53g Protein: 19g Sodium: 908mg Vitamin A: 122mg Vitamin C: 12mg Calcium: 383mg Iron: 5mg Folic Acid: 197mg

