

“TLT”

Tofu, Lettuce and Tomato Sandwich

If there's tofu in the kitchen any restaurant (or home cook) can put together this easy and delicious sandwich that has exceptional flavor and texture. Another example of the versatility of tofu.

1 pound firm tofu (not “silken” tofu)
Soy sauce or tamari, as necessary

Slices of your favorite bread
Stone ground mustard
Nayonaise or other egg-free mayonnaise
Lettuce leaves
Tomato slices
Sweet pickle slices (optional)

Slice tofu into 1/4” slices – about 3 slices per sandwich. Heat a little olive oil in a nonstick skillet over medium heat, and add the tofu. In about 3 minutes the tofu will turn golden brown. Flip slices over and brown the other sides. Then while the tofu slices are still hot turn off the heat and sprinkle the soy sauce/tamari lightly over them, turning the tofu over to coat both sides lightly with soy sauce or tamari.

Lightly toast the slices of bread, and spread them with Nayonaise and mustard. Top with a slice of tofu, lettuce, tomato, and a second slice of bread.

Adapted by Kay Bushnell from *The Peaceful Palate* by J. Raymond.