

Kebab Sandwich

(makes 2 servings)

Ingredients:

2 large buns flatbread, or pita bread (gluten-free if needed)
1 ½ tablespoons vegetable broth
3.5 oz dried jackfruit or one 20 oz can young jackfruit, drained and rinsed (see notes)
1 tomato, sliced
1/2 cucumber, sliced
1/4 onion, sliced
1/4 cup red cabbage, shredded
1/4 cup white cabbage, shredded
Lettuce leaves
Red pepper flakes, optional

Marinade

1/3 cup tomato sauce or BBQ sauce
1 tbsp tamari or coconut aminos
1/2 tbsp balsamic vinegar (optional)
1 tsp paprika
1 tsp ground cumin
1 tsp onion powder
1/2 tsp garlic powder
1/2 tsp smoked paprika
Oregano, thyme, salt & pepper to taste (possible pinch of each)

Dressing

1/2 cup dairy-free yogurt or vegan sour cream
2 garlic cloves minced
Lemon juice to taste
Salt & pepper to taste

Directions:

1. Shred the jackfruit pieces by hand (or fork). You could also use a food processor and pulse just a few times.
2. Add all marinade ingredients to a bowl and stir with a whisk or spoon. Add the jackfruit and let it marinate for at least 15 minutes (the longer the better).
3. Meanwhile, make the vegan yogurt sauce by simply combining all yogurt ingredients in a bowl. Also, slice the tomato, cucumber, onion, and shred the cabbage.
4. Heat vegetable broth in a skillet and add the marinated jackfruit. Cook for about 10 minutes. Meanwhile, you can heat the bread in the oven or in a toaster.
5. Cut open the buns or flatbread and add the jackfruit plus the other veggies (sliced tomato, cucumber, cabbage, lettuce), and the vegan yogurt sauce. Sprinkle with red pepper flakes and enjoy!

Mediterranean Roasted Vegetable Couscous (makes 4 servings)

Ingredients:

Vegetables

2 medium zucchini, diced 1/2-inch
2 medium yellow squash, diced 1/2-inch
2 bell peppers, diced 1/2-inch
1 tablespoon vegetable broth
Sea salt and black pepper to taste

Dressing

Juice of 1 lemon
1/8 cup vegetable broth
1 tablespoon tahini
1 garlic clove, minced
Sea salt and black pepper to taste

Couscous

1 tablespoon vegetable broth
1 cup pearl couscous
1 cup plus 2 tablespoons water
2 scallions, thinly sliced
1 tablespoon chopped parsley

Directions:

1. Preheat the oven to 400 degrees F. On a baking sheet, toss the zucchini, yellow squash and peppers with 1 tablespoon vegetable broth and sea salt and black pepper to taste. Spread the vegetables into a single layer across the pan. Roast for 25-30 minutes until they are browned at the edges.
2. For the dressing, whisk together the lemon juice, 1/8 cup vegetable broth, tahini, garlic and sea salt and black pepper to taste.

3. For the couscous, heat 1 tablespoon vegetable broth in a large saucepan over medium heat. Stir the couscous for about 2-3 minutes and then add the water and bring to a boil. Reduce heat to low, cover and simmer until the couscous is tender and most of the water has been absorbed, about 10 minutes. Drain any remaining water and transfer the couscous to a large bowl.
4. Stir the lemon tahini dressing into the couscous, then add the roasted vegetables, scallions and parsley to the couscous, stirring to combine. Serve warm or cold.