

CHICKPEA FRITTER SANDWICHES

How to make your fritters:

Grab these items:

1 Clover pita pocket

Hummus

Cucumber-tomato salad

5 falafel balls

Pickled carrots, cabbage, and pickles

Tahini sauce

W

1. Preheat oven to 375 degrees. Place pita and falafel on baking sheet and put in oven. Toast pita for 3 minutes or until warm and puffy, but not brown or crispy. Toast falafel til warm (about 6-10 minutes).
2. With a serrated knife, partially slice open your warm pita bread and open it up like a clam shell. Add hummus, cucumber-tomato salad, pickles, falafel, tahini, and pickled vegetables to your liking.

D Contains Dairy

E Contains Egg

W Contains Wheat

S Contains Soy

N Contains Nuts

BUT WAIT, THERE'S MORE!

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BBQ SEITAN SANDWICHES

How to make your seitan:

Grab these items:

1 Clover pita pocket

1-2 slices seitan

BBQ sauce

Caramelized onions

Cheddar cheese

Lettuce

1/2 large tomato, cored

Mayo

W D S

1. Preheat oven to 375 degrees. Drizzle 2-3 tablespoons of BBQ sauce on the bottom of an oven-safe saucepan or small loaf pan. Add 1-2 slices of seitan, a generous pinch of caramelized onions. Crumble the cheddar cheese over top. Drizzle a little more BBQ sauce on top. Bake at 375 degrees for 20 minutes or until cheese is bubbly and golden brown and seitan is completely heated through. Check on it to make sure it doesn't burn. You can also do this step in a saucepan on the stovetop over medium heat; just add a little neutral oil with the BBQ sauce so the seitan won't stick.
2. Place pita on baking sheet, and put in oven. Toast for 3 minutes or until warm and puffy, but not brown or crispy. While pita is warming, slice tomato into thin slices using a serrated knife. With the same serrated knife, slice open your warm pita bread and open it up like a clam shell, holding it open in one hand. Spread a thin layer of mayo on the side closest to your hand, then add roasted seitan, tomatoes, and lettuce.

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