

GOOP



Vegan Lunch

Veggie BLAT

Serves: 4

Time: 15 minutes

ingredients

- 1 tablespoon olive oil
- 8 slices vegetarian bacon (you can find good brands made with tempeh)
- 8 slices wholewheat sandwich bread
- 1/2 cup Vegenaïse (or your favorite mayonnaise)
- coarse salt
- freshly ground black pepper
- 2 very ripe tomatos, sliced
- 1 ripe avocado, sliced
- 1 head baby gem lettuce or 1 heart of romaine lettuce, leaves separated

preparation

Heat the oil in a large nonstick skillet over medium heat and cook the vegetarian bacon for a minute on each side, just enough to warm it through and get it a bit browned. Remove from the skillet and cut each slice in half.

Spread each slice of bread with a tablespoon of Vegenaïse or mayonnaise, sprinkle with coarse salt and pepper. Layer the bacon, tomatos, avocado and lettuce on four slices of the bread and then sandwich with the remaining four. Cut each sandwich in half and serve.