

Vermont Grilled Sandwich

by foodforscot

3 slices of tempeh, smokey maple bacon flavor
2 slices of Seeduction bread (a whole grain, nutty bread made at WFM)
1 tbsp of salted butter
1-2 tbsp of mango habanero jelly
2 slices of maple smoked Vermont cheddar
handful of spinach
½ of a roasted red pepper

Prepare all your sandwich fixings. First, slice the bread. Butter one side of each slice. Slice the cheese and remove rind. Cut the roasted red pepper.

Heat a non-stick skillet or griddle over medium heat. Add a little olive oil and brown the tempeh a few minutes on each side. Remove from heat and set aside.

Pick up one of the buttered pieces of bread and slather the jelly on the non-buttered side. Place the slice of bread, butter side down, in the same pan you used to sauté the tempeh. Put a single layer of the cheese on top of the jelly. Then layer on the tempeh, spinach, and roasted red pepper, in that order. Finally, add another single layer of cheese and place the other piece of bread, butter side up, on top. Grill until first side is golden brown. Flip and grill the other side until golden brown.

Once bread is toasty and cheese is melty, remove sandwich and place on a cutting board. Let set for a few minutes. Cut in half. Serve with a pickle.

(Servings: 1, Prep time: 10 min., Cook time: 15 min., Difficulty: Easy)