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# Eat with Your Hands!

No forks or knives required for these healthy and delicious plant-based foods. Customize with your favorite ingredients.

- Mix flavors and textures
- Use wraps, bread, or lettuce
- Accompany with soup

## Sandwiches

### **Baked/broiled tofu or tempeh layered with**

- Spread: hummus, romesco, creamy pesto, white bean dip, etc.
- Lettuce, greens, sprouts, roasted peppers and other vegs, olives, onions, pickles, tomatoes, etc.

### **Peanut (or other nut) butter and one or more of...**

- Banana slices
- Dried fruit
- Thin apple or pear slices, pomegranate seeds
- Sunflower seeds
- Sugarless fruit spread
- Pickles and mayo
- Tomato and mayo

### **Other sandwich ideas**

- Chickpea salad
- Edamame salad
- Egg salad without the eggs
- Banh Mi with tempeh, seitan or tofu
- "Vollkornbrot" (German bread) with almond-based goat cheese or other spread
- BLT with plant-based bacon
- "Meatball" sub and marinara

- Have fun with toppings
- Let people make their own
- Try new variations to keep it interesting

## Dinner Handhelds

### **Mexican**

- Tacos (tofu, tempeh, lentil, or mushrooms as base)
- Tostadas (no-fat refried beans as base)
- Burritos (beans, roasted vegetables, brown rice, avocado)
- Quesadillas
- Crema and guacamole!

### **Burgers**

- Black bean
- Beet
- Falafel
- Lentil
- Portobello mushroom

### **Other ideas**

- Baked samosas with Indian dal on the side
- Baked spring rolls with an Asian-inspired soup
- Middle-eastern "mezze"—pita bread, hummus, baba ganoush, stuffed grape leaves, baked falafel balls, tahini sauce