



Vege-Steak Banh Mi*

1 can Heritage Vege-Steak, drained

1/4 cup ketchup

1/4 teaspoon Chinese Five Spice Powder

1 teaspoon sugar

1 cucumber, sliced lengthwise

1 carrot, thinly sliced in strips

1 bunch cilantro

Leaf lettuce

Mayonnaise or vegan substitute

Baguette or bolillos, toasted in oven

Mix ketchup, sugar and Chinese Five Spice Powder

Coat the Vege-Steak with the mixture. Place on cookie sheet or grill pan and put under the broiler. Broil until glaze becomes glossy, flipping over to brown both sides.

To assemble banh mi, spread mayonnaise on bottom, add leaf lettuce, Vege-Steak, cucumber, carrot and cilantro.

Submitted by Nyla S. of North Carolina