

# JUST A VEGAN DREAMWICH

## Ingredients:

wheat french bread rolls (recipe below)

sweet potato fries -

1 large sweet potato  
1 t olive oil  
salt and pepper

roasted red pepper -

1 red pepper  
1 t olive oil  
avocado fries -

2 avocados  
1/2 cup your favorite vinaigrette  
1 cup panko bread crumbs  
canola oil, to fry

white bean spread -

1 (15 Oz.) can white beans  
1 clove garlic  
2 T champagne vinegar or lemon juice  
2-3 t sriracha  
1 T capers + juice  
1 t grainy mustard  
salt and pepper, to taste

## Directions:

Preheat oven to 400F. Peel and cut sweet potato into fries. Toss with olive oil on a foil-lined baking sheet. Rub the red pepper with olive oil and place on the same baking sheet. Roast for 20 minutes, toss and then roast for 20 more minutes. Remove from the oven. Set pepper

aside to cool. Peel, and deseed. Cut into strips. Place sweet potato and roasted red pepper aside.

Meanwhile heat a few inches of canola oil in a saucepan to 350F. Dunk avocado slices in vinaigrette then into the panko crumbs. Fry for a few minutes or until golden and crispy. Set aside.

Place all the ingredients for the white bean dip in a food processor. Process until smooth.

Assemble sandwiches by spreading white bean spread on both sides of a sliced whole wheat French bread roll. Top with sweet potato, avocado and red pepper. Slice and serve!

# WHEAT FRENCH BREAD ROLLZ

## Ingredients:

2 T or 2 (1/4 oz) packages of active dry yeast  
2 cups warm water (110-115 degrees F)  
1 t sugar  
2 t salt  
2-3 cups whole wheat flour  
2-3 cups bread flour

## Directions:

In a large bowl sprinkle yeast over warm water with sugar. Set aside for 5 minutes until foamy. Add salt and 2 cups of wheat flour. Beat until smooth. Stir in enough remaining flours to form a soft dough.

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once coat. Cover and allow to rise in a warm place until doubled in size, about 1 hour.

Punch dough down. Turn onto a lightly floured surface; divide into 5 equal pieces. Form into oval buns. With a sharp knife, make two shallow slashes across the top of each bun. Cover and allow to rise until doubled, about 30 minutes. Bake at 400F for 15-20 minutes or until golden brown.