

# K's Kitchen: Sandwiches courtesy of the barbecue

By Kathryn Reed

Sometimes I get a hankering for a sandwich. They just aren't something I eat very often. And warm ones – at least at home – are almost non-existent.

They might become a more regular thing with this recipe. For vegetarians and vegans, getting enough protein can be an issue. And while so many meat eaters have an aversion to tofu, this marinade might change your beliefs.

The mustard listed really adds a wonderful spiciness. Just use a good quality, even a Dijon would satisfy.

When it comes to grilling the squash and veggies the thickness of both will determine how long it takes to cook and ease of turning them. They can be cut into smaller pieces when it comes time to assemble the sandwich.

Any type of bread will do.



**Grilled Veggie Sandwich (4 servings)**

1 yellow squash

2 medium zucchini

14 ounces firm tofu

10 ounces spinach

8 ounces mushrooms

2 T cilantro-jalapeno mustard

$\frac{1}{2}$  tsp horseradish

1 T lemon juice

5 T-plus olive oil

2 T red wine vinegar

1 T chives

1 T mint

Garlic salt

Bread

Slice squash and zucchini length-wise into several pieces. Pat tofu dry and slice in half vertically. Place in glass dish.

Mix mustard, horseradish, lemon juice, olive oil, vinegar, chives and mint. Cover veggies with mixture and coat both sides.

Place spinach and sliced mushrooms in grill basket.

Over medium heat place the squash and tofu directly on the grill. Cook until there are char marks on both sides.

Place grill basket with spinach and mushroom on grill over medium heat. Coat lightly with olive oil and garlic salt. Stir. It's done when spinach is wilted.

Warm bread on upper rack of grill.

Use any leftover marinade to spread on bread. Cut the tofu and

squash into smaller pieces before layering veggies on bread.