

Pita- Esperanto Avocado in Pita

Show: ☐ Mar 13th

Ingredients: 1 Sandwich

1 Pita Bread
2 Tbls Mayonnaise
1 Avocado, very ripe
2 slices Tofu, 1/2 inch thick X 3 inches or so
1 Tomato, thinly sliced
2 dashes Soy sauce, low salt
2 slices Cheese, Jack, Cheddar, Provolone
1/2 cup Sprouts (your choice)

Procedure:

Cut 1 pita bread in half, having 2 half-moon pieces.

Inside each half of bread, spread 1 Tbls mayonnaise. Add 1/2 the sliced avocado then a slice of tofu. Add 1/2 sliced tomato add a dash of soy sauce to each. Then add a slice of cheese to each and top with 1/4 cup of sprouts in each half. Enjoy!

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