

“Veggie Heaven” Crunchy Sandwiches

Submitted by Michelle Broussard-Hanes

Ingredients:

- 1-2 loaves of fresh Cuban bread (depending on size of family)
(Publix makes awesome fresh Cuban bread!)
- 3 cucumbers, peeled and very thinly sliced
- 4 large organic, deep red & ripe tomatoes, thickly sliced
(It serves as the “meat”)
- 2 organic carrots, peeled and “ribboned”
Thin “shavings” of lettuce
Black olive slices
Banana peppers, optional (but oh! so good!)
Jalapeños (if you really like heat)
- Creole mustard (for a bold taste) or Dijon mustard (for a subtle taste)
- Greek Salad Dressing

Directions:

Prepare your veggies FIRST. Warm up a griddle to a medium heat level (too hot and the bread will burn). Cut the Cuban bread lengthwise. Spray the griddle with cooking spray, or use oil, if you wish. Lay the freshly cut bread open side down on the griddle. Cover first with a cookie sheet, and then cover the cookie sheet with the heaviest pot you have to act as a “**press**”. (You want uniformity of heaviest pressure, hence the cookie sheet as the foundation). Let the bread “crisp up” for 1-2 minutes. Remove heavy pot & cookie sheet and flip bread so that the top of the Cuban loaf now gets a chance to “crisp up” as well. Spritz the griddle with a new amount of either cooking spray or oil. Once again, apply the “**press**” to the Cuban loaf. Grill for another 1-2 minutes. Once both sides have “crisped” **immediately** assemble sandwich starting with mustard of preference, then the thickly sliced tomatoes, cucumbers, carrot shavings, lettuce, banana peppers, and black olives. Add jalapeños, on top as last ingredient if you really want added “heat”. Finally, splash/sprinkle the sandwich with Greek Dressing. Enjoy!

“We who are pious Christians must fast always, but especially on Wednesday, because the Lord was sold on that day, and on Friday, because He was crucified on that day. Similarly, it is our duty to fast during the Lent seasons, as the Holy Spirit illumined the holy Fathers of the Church to decree, in order to mortify the passions and humble the body. Moreover, if we limit the food we eat, life becomes easier for us. Fast according to your ability, pray according to your ability, give alms according to your ability, and always hold death before the eyes of your mind.” Modern Orthodox Saints I, St. Cosmas Aitolos.

Dr. Constantine Cavarnos