

New York Goodwich

1 cup broccoli
1/2 cup cauliflower (optional)
2 tablespoons carrot, finely grated
2 tablespoons red cabbage, finely grated
2 tablespoons yellow squash, finely grated
1/4 cup Barbecued Onions (see below) (optional)
1 whole-wheat tortilla, chapati, or pita
1 tablespoon mayonnaise
3 thin slivers dill pickle
1/2 cup lettuce, finely shredded
1/2 cup alfalfa sprouts
2 slices avocado (optional) Dash of sea salt, Spike, or salt-free seasoning (optional)

Prepare the vegetables. Cut broccoli into thin lengths, using only florets and upper portion of stalk. Break cauliflower into tiny florets. Place broccoli and cauliflower in vegetable steamer, covered, over boiling water for 5 minutes or until vegetables are tender when pierced with tip of sharp knife. Combine carrot, cabbage, and squash, and mix thoroughly.

Barbecued Onions for Goodwich: 2 teaspoons safflower oil 1 small white onion, sliced
½ tablespoon Hain or Robbie's barbecue sauce or homemade recipe below

Prepare the Barbecued Onions. In a small skillet, heat oil. Add onion, and sauté until it begins to soften. Add barbecue sauce, and continue sautéing, stirring frequently, until onion is thoroughly wilted. Makes enough for 3 or 4 Goodwiches. Leftover Barbecued Onions are delicious in any vegetable soup.

Assemble the Goodwich. In hot dry skillet, heat tortilla or chapati, turning from one side to the other until soft but not crisp. Place on large sheet of plastic wrap. If using pita, heat in oven for a few minutes to soften it, and cut a sliver from top so pocket opens easily. Combine all other ingredients, mix well, and stuff into pocket. Spread tortilla with mayonnaise. Add a line of broccoli down center. Crumble cauliflower and place a line of it on broccoli. Add a line of pickle, a line of grated vegetables, A line of Barbecued Onions. Top with lettuce, sprouts, and avocado. Sprinkle with Spike, if desired. Roll tortilla tightly, crepe-style, around vegetables. Wrap tightly in plastic wrap until ready to serve. This Goodwich will keep for 2–3 days in the refrigerator (if you hide it from your friends and family!). Cut it in half and push plastic wrap partially down, but leave one end closed to catch the drippy sauces. YUM!
Serves 1.

Adapted from Nom Nom Paleo.

BARBECUE SAUCE •

1/2 cup orange marmalade
2 tablespoons coconut aminos,
Sriracha, to taste
2 tablespoons tomato paste
1 teaspoon minced fresh ginger