



GENESIS
-HEALTH REVOLUTION-

← *Recipe Card* →

ROASTED VEGETABLE SUBS /W CREAMY FRENCH DRESSING

INGREDIENTS:

Roasted Vegetable Subs:

10 oz mushrooms, sliced
2 C sweet peppers, sliced
2 C brussels sprouts, chopped or shredded
1/2 sweet onion, sliced
2 TB avocado oil
1 tsp salt
1 tsp garlic powder
Sub rolls

Creamy French Dressing:

1/3 C ketchup
1/4 C Vegan mayo
1 TBS Apple Cider Vinegar
2 TBS agave
1/2 tsp Braggs Liquid Aminos
1/2 tsp smoked paprika
1/2 tsp garlic powder
Pinch of salt

DIRECTIONS:

- Preheat oven to 375.
- Put the vegetables in a bowl and drizzle avocado oil on top and sprinkle with salt and garlic powder. Toss lightly.
- Spread onto a sheet covered with parchment paper.
- Bake for :30-40 , flipping veggies after :15.
- Bake until they are golden and juicy.

In the meantime, in a small bowl, mix all the dressing ingredients. Set aside. Put the sub rolls in the oven for 1-2 min to toast. Remove rolls from oven, then spread dressing on sub rolls, and fill with roasted veggies, adding more dressing on top.

OPTIONAL: Add some shredded plant based cheese on sub BEFORE veggies to help melt it; or add on top and set under broiler to lightly melt.

Serve with a side salad or baked sweet potato fries.



GLUTEN-FREE

