



Jackie Freeman

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A Hearty Book of Veggie Sandwiches

Vegan and Vegetarian
Paninis, Wraps, Rolls, and More



Two truths: Americans are eating more plant-based meals and we love sandwiches.

Here are 40 simple and delicious vegetarian and vegan sandwiches, sauces, and schmears to satisfy every craving from the author of *Easy Beans* and the forthcoming *Cast Iron Skillet One Pan-Meals*.

Praise for A Hearty Book of Veggie Sandwiches

“For many of us, the vegetable sandwich is an elusive concept—often thought of as a soggy, hummus-bearing concoction. But Freeman challenges that idea, exemplifying how to turn plant-based building blocks, like avocados and beans, into a number of innovative, architecturally sound sandwiches.”

—THRILLIST

“Chef Freeman (*Easy Beans*) ably proves a good sandwich is more than just ‘slapping ingredients between two slices of bread’ in this innovative and enticing collection.”

—PUBLISHERS WEEKLY, **starred review**

“Packed with new, creative recipes and unique spins on favorite classics, this treasury of superlative sammies will inspire you to move beyond the basics.”

—PARENTMAP



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