

Boosted Tomato Sandwich



Discover our delicious recipe for a "boosted" Tomato Sandwich, a flavorful and healthy blend of juicy tomatoes, fresh ingredients, and pulses. Try our sandwich now and enjoy the tantalizing taste!

Preparation 10 min

Cooking 0 min

Servings 1

Nutrition Facts (per serving)

Calories 470

Fat 13

Carbohydrates 57

Fibre 18

Protein 21

Sodium 475

Ingredients

- 1 recipe of our [All-Purpose Pulse Salad](#).
- 2 slices whole grain bread
 - St. Method - 9 Whole Grain Loaf
 - Country Harvest - Whole Wheat Loaf
 - Bon matin - 100% Whole Wheat (no fat no sugar added) Loaf
- 10 ml (2 tsp) margarine or vegetable mayonnaise

- 1 Italian tomato, thinly sliced

Note: We aim for a whole grain bread containing about 10 g of protein and 5-6 g of fibre per 2-slice (80 g) serving.

Preparation

1. Prepare the [All-Purpose Bean Salad](#).
2. Toast bread slices, then spread with margarine or mayonnaise.
3. Using a fork, mash the legume mixture onto one of the bread slices.
4. Top with a thick layer of tomatoes, close the sandwich and serve immediately.



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