

6.4: Recipe Makeover: Made-Over Club Sandwich

Ingredients

¾ cup drained & rinsed, low-sodium cannellini beans
 2 cloves roasted garlic
 1 tbsp. olive oil
 ¼ tsp. salt
 ¼ tsp. black pepper
 12 slices, thin whole-wheat bread, toasted
 8 leaves lettuce
 1 beefsteak tomato, sliced
 1 avocado, pitted & sliced
 8 slices turkey bacon, cooked and drained



Preparation

1. Mash beans, garlic, olive oil, salt & pepper with a fork and reserve.
2. Arrange 4 slices bread on a work surface. Spread 3 tbsp. white-bean mixture on each slice of bread.
3. Top with 2 slices lettuce and 2 tomato slices.
4. Layer another slice of bread on each sandwich and top each with 4 slices avocado and 2 slices turkey bacon. Top with last piece of bread.
5. Slice sandwiches in half diagonally and secure with toothpicks. Serves 4.

Nutrition (per sandwich)

Calories	412
Fat	18g
Sat.Fat	2g
Carbohydrates	47g
Protein	16g
Fiber	12g
Sodium	300mg

This version could save you over 100 calories and 6 grams of saturated fat. You gain healthy monounsaturated fats from the avocado and a whopping 9 grams of fiber!