BST ("Bacon," Sprout, and Tomato) Sandwich

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

Try this recipe for a plant-based twist on a classic sandwich!

About the Recipe

320 Calories · 20 g Protein · 9 g Fiber
Lunch

You can find tempeh "bacon" at many grocery stores or check out our Facon Bacon recipe.

Ingredients

Makes 2 Servings

- 1 package or 8 strips tempeh "bacon" or Facon Bacon
- 1 tomato, thinly sliced
- 1 c (56 g) sprouts
- 1/4 c (60 mL) vegan mayonnaise
- 4 slices whole-wheat bread

Directions

1. Warm the tempeh bacon over medium heat in a dry saute pan for about 2 minutes per side. Tear the tempeh bacon slices in half and set them aside.
2. Add vegan mayonnaise to the bread. Place the tomato slices then the tempeh bacon slices on top and press the sandwiches together.

Nutrition Facts

Per serving (1 sandwich)

Calories: 332 kcal
Fat: 8 g
- **Saturated Fat:** 2 g
- **Calories From Fat:** 20%

Cholesterol: 0 mg
Protein: 24 g
Carbohydrates: 41 g
Sugar: 8 g
Fiber: 8 g
Sodium: 1200 mg
Calcium: 189 mg
Iron: 4.4 mg
Vitamin C: 10 mg
Beta-Carotene: 324 mcg
Vitamin E: 2.5 mg