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

• tempeh "bacon" or Facon Bacon (1 package or 8 strips)
• tomato, thinly sliced (1)
• sprouts (1 cup)
• vegan mayonnaise (1/4 cup)
• whole-wheat bread (4 slices)

Directions

1. Warm the tempeh bacon over medium heat in a dry sauté 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: 320
Fat: 6 g
  Saturated Fat: 0 g
  Calories from Fat: 8%
Cholesterol: 0 mg
Protein: 20 g
Carbohydrate: 46 g
Sugar: 10 g
Fiber: 9 g
Sodium: 884 mg