

Bistro Beef Sandwich

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Servings: 1

2 slices rye bread

1 tablespoon garlic-herb cheese spread

3 slices deli roast beef

1 slice tomato

romaine lettuce

red bell pepper, julienned

2 tablespoons French salad dressing

Spread the cheese spread on one slice of the rye bread.

Place three slices of deli roast beef on the bread slice.

Add the tomato, lettuce and red pepper on top of the roast beef.

Drizzle with the French salad dressing.

Top with the remaining slice of rye bread.

Per Serving (excluding unknown items): 348 Calories; 16g Fat (40.2% calories from fat); 10g Protein; 43g Carbohydrate; 5g Dietary Fiber; 9mg Cholesterol; 1043mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 3 Fat.