



## Open-Faced Tomato Sandwich

4 Servings • 1 Serving = 1 Open-Faced Sandwich

### INGREDIENTS

- 1 cup plain nonfat Greek yogurt
- 1 Tablespoon lemon juice
- 2 Tablespoons fresh chives, chopped
- 1 Tablespoon fresh dill, chopped
- 1 Tablespoon fresh basil, chopped
- ½ teaspoon onion powder
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- 1 large tomato, sliced
- 1 cup romaine lettuce, shredded
- 4 slices hearty, whole wheat bread
- Handful of parsley, chopped

### DIRECTIONS

1. Combine Greek yogurt, lemon juice, chives, dill, basil, onion powder, salt, and pepper in a bowl. Mix well to combine.
2. Spread yogurt mixture onto each slice of bread.
3. Add romaine lettuce and a slice of tomato.
4. Garnish with a sprinkle of parsley.

### Nutrition Facts

4 servings per container  
Serving size 1 open-faced sandwich

Amount per serving  
**Calories 150**

% Daily Value\*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 480mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 79mg	6%
Iron 2mg	10%
Potassium 319mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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