

COMMUNITY



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Vegetarian Supper Sandwich

Ingredients

- 1 tsp. olive oil
- ¼ cup diced shallots
- 2 cups cherry tomatoes, halved
- ¼ tsp. freshly ground black pepper
- ¼ tsp. salt
- 1 tsp. chopped fresh tarragon
- 3 ounces thinly sliced part-skim mozzarella cheese
- 2 English muffins, split and toasted

Preparation

1. Heat oil in a medium size, non-stick skillet over medium-high heat.
2. Add shallots and sauté 2 minutes.
3. Add tomatoes, pepper and salt; sauté 2 minutes. Remove from heat; stir in tarragon.
4. Preheat broiler.
5. Divide cheese evenly among muffin halves.
6. Place muffins on a baking sheet and broil 1 minute or until cheese melts.
7. Spoon 1/3 cup tomato mixture over each muffin half. Serve immediately.

Makes 2 servings. Serving size: 2 muffin halves.



Nutrition Analysis

Per serving: 355 calories, 11 g fat (5 g saturated fat), 18 g protein, 48 g carbohydrates, 25 mg cholesterol, 728 mg sodium



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