OPEN-FACED SANDWICH

50 STATES ★★★ 50 PLATES
featuring
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Paid spokesperson for Novo Nordisk.

INGREDIENTS

For the sauce:

- 1 tablespoon olive oil
- 1 teaspoon all-purpose flour
- ¼ cup low-fat milk
- ¼ cup half & half
- ¼ cup finely shredded low-fat cheddar cheese
- 2 tablespoons grated Pecorino Romano
- Pinch fresh grated nutmeg
- Fresh ground black pepper, to taste

For the sandwich:

- 1 large Roma tomato, sliced into 6, ¼-inch-thick rounds, (about 5.75 ounces whole)
- Avocado oil spray
- 2 slices sprouted bread
- 4 slices low-sodium deli turkey
- 2 teaspoons grated Pecorino Romano
- 2 slices low-sodium turkey bacon, cooked until crisp
- 1 tablespoon fresh chives, minced

DIRECTIONS

Preheat the broiler, adjusting the oven rack to be 4 inches from the heating element.

In a small saucepan, heat the olive oil over medium heat, add the flour then cook, 2 to 3 minutes, whisking constantly (the roux should be slightly golden and nutty smelling). Continue whisking and bring mixture to a gentle simmer then cook, 2 to 3 minutes, until slightly thickened (the sauce should have the consistency of heavy cream). Take the pot off the heat, add the cheddar cheese and Pecorino Romano and whisk until smooth. Then stir in the grated nutmeg, and season with black pepper. The mixture should be thick and creamy but pourable. (Note: if needed, add 1 tablespoon of milk at a time, whisking in between additions, until the right consistency is achieved). Cover with a lid to keep warm on the stove.

Place the tomato slices on a foil-lined baking sheet, lightly coated with avocado oil spray. Broil for 1 to 2 minutes or until lightly charred. Flip the tomatoes over and repeat on the other side, 1 to 2 minutes more. Set tomatoes aside and keep the sheet pan to use in the next step.

Place the bread on the prepared sheet pan, and toast under the broiler, 1 to 2 minutes per side (being careful to keep an eye on the bread, checking after 30 seconds). Top each toast with two slices of turkey, then three tomato slices and spoon the sauce over the top, dividing it evenly between the two sandwiches. Finally, sprinkle one teaspoon of Pecorino Romano over each sandwich and broil for 1 to 2 minutes or until the cheese sauce starts to bubble and turn golden brown. Top with one slice of bacon per sandwich, sprinkle with chives. Serve immediately.

Serving Size and Nutritional Information:

Serves 2 *(Serving Size 1 Sandwich = 242 g)*
320 *Calories Per Serving,* ***12 g*** *Total Fat,*
23 g *Total Carbohydrates,* ***31 g*** *Protein*

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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