

Scandinavian Tomato and Egg Sandwiches

1 loaf of rustic whole-wheat or sourdough bread
4 small or 3 medium tomatoes
Salt and pepper to taste
4 peeled hard-cooked eggs
1 small Kirby cucumber
1 small can (7[1/2] ounces) caponata
8 pitted ripe olives
Sprigs of fresh dill or watercress for garnish

1. Cut the bread into 4 large thick slices. Toast in a toaster oven until lightly colored. Transfer each slice to a serving plate.
2. Cut a thin slice off the top and bottom of each tomato, then thinly slice. Season with salt and pepper. Cut the eggs into quarters lengthwise. Thinly slice the cucumber. Season the eggs and cucumber with salt and pepper.
3. Spread each slice of bread with about 2 tablespoons caponata. Make a cut halfway through each tomato slice. Twist the ends in opposite directions so that the slice will stand up. Arrange about 4 slices of tomato on each toast slice. Add 4 egg quarters, cucumber slices, and 2 ripe olives to each sandwich, arranging the ingredients upright as much as possible. Garnish with sprigs of fresh dill. (For a quicker assembly, slice the ingredients and layer them on the bread, beginning with the tomatoes, then the eggs, cucumbers, and olives.)

Nutrition Information Per Serving:

Calories 354
Protein 15g
Carbs 39g
Total Fat 10g
Sat Fat 1g
Cholesterol 215mg
Sodium 586mg
Fiber 4g

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