

# Grilled Tomato and Brie Sandwiches

Recipe provided by: [www.myrecipes.com](http://www.myrecipes.com)

## Ingredients:

8 (1-ounce) slices 100% whole –grain bread (about ¼ inch thick)  
1 teaspoon olive oil  
1 garlic clove, halved  
2 teaspoons country-style Dijon mustard  
4 ounces Brie cheese, thinly sliced  
1 1/3 cups packaged baby arugula and spinach green (such as Dole)  
8 (1/4-inch-thick) slices beefsteak tomato  
Cooking Spray

**Instructions:** 1. Prepare grill to high heat. 2. Brush one side of each bread slice with oil; rub cut sides of garlic over oil. Spread ½ teaspoon mustard on each of 4 bread slices, oil side down. Top each bread slice with 1 ounce cheese, 1/3 cup greens, and 2 tomato slices. Top each with remaining 4 bread slices, oil side up. 3. Place sandwiches on grill rack coated with cooking spray, grill 2 minutes on each side or until lightly toasted and cheese melts.

Nutritional Information  
(Per serving):

**Serves 4**

**Serving Size:**  
**1 Sandwich**

Calories:	234
Fat:	10 g
Saturated fat:	5 g
Cholesterol:	28 mg
Carbohydrates:	27 g
Fiber:	6.5 g
Sodium:	445 mg
Protein:	11 g