

Smoked Tofu White Bean Sandwich

Web Recipe · Lunch

490 cal · 28g protein · 54g carbs · 18g fat · 4 servings

Ingredients

- 1 block (14 oz) smoked tofu sliced into 8 slabs
- 1 tbsp olive oil
- 1 can (15 oz) white beans drained and rinsed
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 8 slices whole wheat bread
- 2 cups arugula
- 1 large tomato sliced
- 1/2 medium red onion thinly sliced
- 4 tbsp dijon mustard

Instructions

1. Slice smoked tofu into 8 slabs. Heat olive oil in a skillet and cook tofu 3-4 minutes per side until golden.
2. Mash white beans with tahini, lemon juice, garlic powder, salt, and pepper to create a chunky spread.
3. Toast bread if desired.
4. Spread bean mixture on 4 slices of bread.
5. Layer with tofu slabs, arugula, sliced tomato, and red onion.
6. Spread dijon mustard on remaining bread slices and close sandwiches. Slice in half.

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