

# Tomato & Basil Finger Sandwiches

## **Ingredients:**

4 slices whole-wheat bread  
8 tsp reduced-fat mayonnaise, divided  
4 thick slices tomato  
4 tsp sliced fresh basil  
1/8 tsp salt  
1/8 tsp freshly ground pepper

## **Directions:**

Cut bread into rounds slightly larger than your tomato - a biscuit cutter works well. Spread each slice with 2 tsp mayonnaise.

Top with tomatoes, basil, salt and pepper.

## **Nutritional Information:**

*One Serving*

Calories: 75

Carbohydrates: 12g

Cholesterol: 0mg

Fat: 2g

Sodium: 345mg

Fiber: 2g

*Source: [www.cooking.com](http://www.cooking.com)*