

Arugula-Cheese Grinder with Basil Mayonnaise

3 tablespoons light mayonnaise
1 tablespoon minced fresh basil
1/4 teaspoon salt
1/8 teaspoon black pepper
4 (3-ounce) loaves French bread
8 (1/2-inch-thick) slices tomato
3/4 cup alfalfa sprouts
4 (1/2-ounce) slices reduced-fat Havarti cheese
20 arugula leaves

Combine first 4 ingredients. Cut the bread loaves in half horizontally, and spread the mayonnaise mixture evenly over the cut sides of bread. Arrange 2 tomato slices over bottom half of each loaf; top with 3 tablespoons sprouts, 1 cheese slice, and 5 arugula leaves. Top with remaining bread halves, and serve immediately.

Yield: 4 servings
Source: Cooking Light