

## **Arugula & Potato-and-Seed Pâté Sandwich**

*Arugula is an aromatic salad green, bursting with distinctive flavor. Low in calories (2 calories in 1/2 cup), arugula is high in vitamin A & C.*

2 slices whole grain bread (sprouted grain breads are especially delicious)  
10-12 arugula leaves, washed, trimmed & dried (with paper towel)  
potato-and-seed pâté  
sliced tomatoes, optional  
salt & pepper, to taste

Generously spread potato-and-seed pâté onto bread slices (you may toast). Add arugula leaves, sliced tomatoes. Sprinkle on salt & pepper to taste.