



## Cucumber Sandwich

*Recipe makes 1 sandwich. Recipe from Eating Well.*

### Ingredients

2 ounces cream cheese, at room temperature  
1 tablespoon low-fat plain Greek yogurt  
1 tablespoon sliced fresh chives  
1 tablespoon chopped fresh dill  
¼ teaspoon ground pepper  
2 slices whole-wheat sandwich bread  
⅓ cup thinly sliced English cucumber

### Nutritional info

Calories:	358
Protein:	12g
Fat:	22g
Cholesterol:	59mg
Sodium:	439mg
Carbohydrates:	29g
Calcium:	174mg
Potassium:	309mg

### Directions

1. Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended.
2. Spread the mixture evenly on one side of each bread slice.
3. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down.
4. Cut the crusts from the sandwich and cut it in half diagonally.