

Mini Cucumber Sandwiches

Yield: 8 servings

Ingredients:

¼ cup plain fat-free Greek yogurt

¼ cup light mayonnaise

½ teaspoon dill weed

¼ teaspoon garlic powder

8 slices whole wheat bread

1 cucumber, scrubbed with clean vegetable brush under running water, thinly sliced*

Directions:

Wash hands with soap and water.

In a small bowl, mix together yogurt, mayonnaise, dill weed, and garlic powder.

Spread yogurt mixture evenly onto four bread slices. Top with cucumber slices and top with a second slice of bread.

Cut the sandwich into quarters.

Store leftovers in a sealed container in the refrigerator for up to four days.

Notes:

*Other veggie options include sliced tomatoes, zucchini, summer squash, avocado, onion, peppers and shredded carrots.

Nutrition Information:

Serving Size (1/8 of recipe): Calories 110 Total Fat 4g Saturated Fat 0g Sodium 180mg Total Carbohydrates 14g Fiber 2g Total Sugars 2g, includes 1g Added Sugars Protein 3g Vitamin D 0% Calcium 4% Iron 6% Potassium 2%

Credit: <https://food.unl.edu/recipe/mini-cucumber-sandwiches>



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