

Cucumber Sandwich

Recipe type: Snack

Serves: 8

Prep time: 15 minutes

Cooking time: N/A

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

- 1 C plain Greek yogurt
- 1 T dried parsley
- 1 T dried dill
- 1 T dried basil
- ½ t salt
- 1 t Extra virgin olive oil
- ½ English cucumber, thinly sliced
- 8 slices whole wheat bread, crust removed



What to do:

1. Wash your hands.
2. In a small mixing bowl, combine the plain Greek yogurt, dry spices, a dash of kosher salt, and a drizzle of extra virgin olive oil. Mix well.
3. Spread one side of each slice of bread with a generous spoonful of the mixture.
4. Arrange the cucumber slices on half of the bread slices, completely cover the bread. Top with the other slice of bread (you should have 4 cucumber sandwiches at this point).
5. Gently cut each cucumber sandwich into triangles or squares.
6. Arrange the sandwiches on a plate and serve.
7. Enjoy.

Contains Milk and Wheat

Nutrition Facts	
8 servings per container	
Serving size 1/2 Sandwich (77g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 1mg	6%
Potassium 169mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

FK= 4.8