

Cucumber Sandwich

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This creamy, crunchy cucumber sandwich recipe strikes a lovely balance between decadent and light. The cream cheese-yogurt spread complements the crisp refreshing cucumber, while the hearty flavor and texture of the whole-wheat bread hold everything together.

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

Directions

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

Variations to Try

- **Give it a lemony twist.** Lemon adds the perfect pop of brightness to this sandwich. Simply add 1/2 teaspoon lemon zest and 1 teaspoon lemon juice to the cream cheese mixture and proceed with the recipe as written.
- **Add more herbs.** You can increase the herbs that are already in the recipe, or you can add or swap. Fresh oregano, basil, tarragon, parsley or cilantro are all welcome additions.

Nutrition Notes

- Thanks to their water content, **cucumbers** can add to your hydration status. They contain the mineral silica, which plays an important role in collagen synthesis and keeping your skin smooth and firm.
- **Fresh herbs** are a delicious way to add flavor without added calories or salt. Most fresh herbs are also packed with antioxidants that can help protect against disease and inflammation.
- Foods made with whole grain bread are a great way to get more fiber into your diet. Look for **bread** with at least 3 grams of fiber per slice to help with meeting those goals.

