

Mini Cucumber Sandwiches

8 servings

Vegetables make great snacks. Store sliced vegetables in the refrigerator and serve with dip such as hummus or a low-calorie dressing.

- 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*

1. Wash hands with soap and water.
2. In a small bowl, mix together yogurt, mayonnaise, dill weed, and garlic powder.
3. Spread yogurt mixture evenly onto four bread slices. Top with cucumber slices and top with a second slice of bread.
4. Cut the sandwich into quarters.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



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

Nutrition Information per Serving (1/8 of recipe): Calories 110, Total Fat 4g, Saturated Fat 0g, Protein 3g, Total Carbohydrate 14g, Dietary Fiber 2g, Total Sugars 2g, Added Sugars 1g, Sodium 180mg.

Recipe Source: Nebraska Extension