

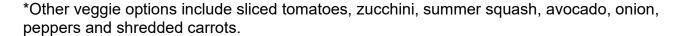


## Mini Cucumber Sandwiches

8 servings

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

- 1/4 cup plain fat-free Greek yogurt
- 1/4 cup light mayonnaise
- ½ teaspoon dill weed
- ½ 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.



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



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