



RECIPE:

Turkey and Cucumber Sandwich

Number of Servings: 4

Ingredients:

- 1/2 c. plain fat-free yogurt
- 2 fresh dill sprigs, chopped
- 1/4 c. onion, chopped
- 1/2 c. cucumbers, chopped
- 1/8 tsp. black pepper
- 1/8 tsp. salt (optional)
- 8 slices whole wheat bread
- 8 ounces turkey breast, thinly sliced

Directions:

1. Wash hands with soap and water.
2. Gently rub dill sprigs under cold running water. Scrub onion and cucumber with clean vegetable brush under running water. Prepare as directed in ingredient list (chop).
3. Mix the yogurt, dill, onion, chopped cucumbers, pepper and salt(optional) in a medium-sized bowl. Spread mixture on 4 slices of bread.
4. Top yogurt mixture with turkey and cover with a slice of bread.
5. Store leftovers in a sealed container in the refrigerator.

Options: Swap out the fresh dill for 1/2 tsp. dried dill. You can add cucumber slices on top of the turkey for more texture and nutrients. Use low-sodium deli turkey to reduce the amount of sodium in the recipe.

Nutrition Info:

| Nutrition Facts | |
|-------------------------------|-----------------------|
| 4 servings per container | |
| Serving size | 1/2 a sandwich |
| Amount per serving | |
| Calories | 280 |
| | % Daily Value* |
| Total Fat 4.5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 820mg | 36% |
| Total Carbohydrate 42g | 15% |
| Dietary Fiber 0g | 0% |
| Total Sugars 8g | |
| Includes 0g Added Sugars | 0% |
| Protein 21g | |
| Vitamin D 0mcg | 0% |
| Calcium 124mg | 10% |
| Iron 2mg | 10% |
| Potassium 285mg | 6% |

*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.