



**Turkey and Cucumber Sandwich 4 Servings**



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## Turkey and Cucumber Sandwich 4 Servings

### 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.

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