



# Smoked Salmon Toasts

## Ingredients:

- 2 slices of whole grain bread
- 1/4 cup cottage cheese
- 3.5 oz smoked salmon
- 1/4 cucumber, sliced
- Fresh or dried dill (optional)
- Salt and pepper

## Directions:

1. Slice cucumbers using cutting board; Have all other ingredients ready to go
2. Toast two pieces of whole grain toast using whichever method is easiest for you
3. Once ready, remove toast from oven and transfer to a plate (Be careful as it may be hot)
4. Assemble toast: Spread with a thin layer of cottage cheese, top with smoked salmon, cucumbers, salt, pepper, and optional, fresh or dried dill
5. Enjoy!

## Cookware needed:

- Cutting board
- Utensils
- Plates



Cost: 

Ease: 

**Health Benefit:** Smoked salmon is rich in protein and healthy fats. Cottage cheese is an excellent source of calcium and protein. Cucumber contains soluble fiber and plenty of vitamins and minerals to support overall health. Whole grain toast provides fiber to keep us fuller for longer.