



Cucumber Sandwiches

Ingredients

- 2 slices of whole grain bread
- 1/3 of an English cucumber
- 1/3 cup cottage cheese
- 1 TBSP cream cheese
- 1 tsp lemon juice
- Sprinkle of fresh or dried dill
- Black pepper and salt, to taste

Directions:

1. To a small bowl, add cream cheese, cottage cheese, lemon juice, salt, pepper, and dill; Whisk mixture until smooth (You can use a food processor if you have one)
2. Thinly slice cucumber into coins; Peeling the cucumber is optional
3. Spread mixture onto each slice of bread
4. Layer cucumber slices over one slice of bread; Add the other slice on top
5. Optional to remove crust; Slice into two or four triangles and enjoy! Repeat process if making multiple sandwiches

Cookware needed:

- Small bowl
- Whisk
- Food processor (optional)

Cost: \$

Ease: 

Health Benefit: Cucumbers have a high water content, making them a low carbohydrate and hydrating veggie. Cottage cheese contains calcium and protein for strong and healthy bones.