



Bell Pepper Sandwich

Ingredients

- 1 bell pepper (any color) sliced in half and seeded
- 4 sliced of low-sodium turkey
- 1/4 cucumber, thinly sliced
- 2 TBSP cream cheese or dairy free alternative
- 2 tsp mustard
- Salt and pepper, to taste

Directions:

1. Cut bell pepper in half and remove seeds
2. Spread 1 TBSP of cream cheese and 1 tsp of mustard on each side
3. Add turkey slices, followed by cucumber slices; Season with salt and pepper
4. Place the half with only cream cheese and mustard on top of the other half; Optional to slice in half again
5. Enjoy!

Equipment

Cost: \$

Ease: 

Health Benefit: Bell peppers are a great source of vitamin C to boost immunity. Turkey is an excellent source of lean protein to promote fullness and support healthy bones. Cucumbers are hydrating due to their high water content.