

# Cucumber Sandwich



This creamy, crunchy cucumber sandwich recipe strikes a lovely balance between decadent and light. The cream cheese-yogurt spread complements the crisp refreshing cucumber while the hearty flavor and texture of the whole-wheat bread holds everything together. Removing the crusts makes it more delicate than your average sandwich.

**Active:** 10 mins

**Total:** 10 mins

**Servings:** 1



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## Ingredients

2 ounces cream cheese, at room temperature  
1 tablespoon low-fat plain Greek yogurt  
1 tablespoon sliced fresh chives  
1 tablespoon chopped fresh dill  
¼ teaspoon ground pepper  
2 slices whole-wheat sandwich bread  
⅓ cup thinly sliced English cucumber

## Directions

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

## Nutrition Facts

**Serving Size:** 1 sandwich

**Per Serving:** 358 calories; protein 12g; carbohydrates 29g; dietary fiber 4g; sugars 6g; fat 22g; saturated fat 12g; mono fat 6g; poly fat 2g; trans fatty acid 1g; cholesterol 59mg; vitamin a iu 889IU; vitamin b3 niacin 3mg; vitamin c 3mg; vitamin e iu 3IU; folate 37mg; vitamin k 19mg; sodium 439mg; calcium 174mg; chromium 2mcg; iron 2mg; magnesium 56mg; phosphorus 210mg; potassium 309mg; zinc 2mg; omega 6 fatty acid 2g; niacin equivalents 3mg.