

## Mini Cucumber Sandwiches

8 servings

Vegetables make great snacks. Store sliced vegetables in the refrigerator and serve with dips like hummus or low-calorie dressing.

¼ cup plain fat-free Greek yogurt  
¼ cup light mayonnaise  
½ teaspoon dill weed  
¼ teaspoon garlic powder  
8 slices whole wheat bread  
1 cucumber, scrubbed with clean vegetable brush  
under running water, thinly sliced\*

1. Wash hands with soap and water.
2. In a small bowl, mix together yogurt, mayonnaise, dill weed, and garlic powder.
3. Spread yogurt mixture evenly onto four bread slices. Top with cucumber slices and top with a second slice of bread.
4. Cut the sandwich into quarters.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



\*Other veggie options include sliced tomatoes, zucchini, summer squash, avocado, onion, peppers and shredded carrots.

**Nutrition Information per Serving (1/8 of recipe):** Calories 130, Total Fat 3.5g, Saturated Fat 0g, Protein 6g, Total Carbohydrate 20g, Dietary Fiber 0g, Total Sugars 4g, Added Sugars 0g, Sodium 170mg.

Recipe Source: Nebraska Extension