



Cucumber Tomato Sandwich

Crisp cucumbers and juicy tomatoes come together in this easy, refreshing sandwich — perfect for a light lunch or midday snack. It's ready in minutes and easily customizable with fresh herbs, cream cheese, or your favorite tangy spread.

Serves: 1

Ingredients

- 2 slices whole grain bread
- 3 tbsp low fat cream cheese or hummus
- 1/3 cup cucumber, thinly sliced
- 1 medium tomato, thinly sliced
- 1 tbsp chopped basil
- 1 tbsp finely chopped fresh dill
- ¼ tsp ground pepper
- ⅛ tsp salt

Directions

1. Spread cream cheese or hummus evenly on both bread slices.
2. Layer cucumber and tomato slices on one slice of bread.
3. Sprinkle with the chopped basil, dill, salt, and pepper.
4. Top with the other bread slice.
5. Cut in half and serve immediately.

Nutrition Info per serving:

Calories: 272, Saturated Fat: 4.6 g, Sodium: 461.5mg, Added Sugars: 0g, Fiber: 4.9g.

Recipe adapted from: <https://www.eatingwell.com>