

Turkey and Cucumber Sandwich

4 servings

- ½ cup plain fat-free yogurt
- 2 fresh dill sprigs, gently rubbed under cold running water, chopped
- ¼ cup onion, scrubbed with clean vegetable brush under running water, chopped
- ½ cup cucumbers, scrubbed with clean vegetable brush under running water, chopped
- ⅛ teaspoon black pepper
- ⅛ teaspoon salt (optional)
- 8 slices whole wheat bread
- 8 ounces turkey breast, thinly sliced

1. Wash hands with soap and water.
2. Rinse and prepare produce.
3. Mix the yogurt, dill, onion, chopped cucumbers, pepper and salt (optional) in a medium-sized bowl. Spread mixture on 4 slices of bread.
4. Top yogurt mixture with turkey and cover with a slice of bread.
5. Store leftovers in a sealed container in the refrigerator for up to four days.



Notes:

Swap out the fresh dill for ½ teaspoon dried dill.

Add cucumber slices on top of the turkey for more texture and nutrients.

Use low-sodium deli turkey to reduce the amount of sodium in the recipe.

Nutrition Information per Serving Size (1 sandwich): Calories 280, Total Fat 4.5g, Saturated Fat 0.5g, Cholesterol 30mg, Sodium 760mg, Total Carbohydrates 42g, Fiber 4g, Total Sugars 8g, includes 0g Added Sugars, Protein 21g, Vitamin D 0%, Calcium 10%, Iron 10%, Potassium 6%.

Source: MyPlate Kitchen, The Grain Chain