

Eat Well Recipe

Cucumber Sandwich (Serves 4)

Ingredients:

- ¾ cup fat free cream cheese, slightly softened
- 1 tbs Ranch seasoning mix
- half a large cucumber, thinly sliced
- 8 slices of whole-wheat bread

Spread each slice of bread with cream cheese (about 3 tablespoons per sandwich). Place about 4 cucumber slices on 4 of the slices of bread and top with remaining bread slices. Cut into quarters and serve immediately or wrap sandwiches and save for later.

This recipe is provided by SHS Wellness Programs.

All of our recipes can be found online at www.uvu.edu/wellnessed

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