

Louisiana HARVEST of the MONTH

Cucumber Sandwiches

Home Recipe

Serves: 32
Prep Time: 15 minutes

Ingredients

- 16 slices bread, white or whole wheat (about 1 loaf)
- 1 cucumber
- ¼ cup mayonnaise or 4 ounces of cream cheese, softened
- ¼ tsp garlic powder
- ¼ tsp kosher salt
- Cracked black pepper, to taste

Nutrients Per Serving

- **Calories** 330
- **Total Fat** 14 g
 - **Saturated Fat** 5 g
- **Cholesterol** 20 mg
- **Sodium** 450 mg
- **Carbohydrates** 42 g
 - **Dietary Fiber** 0 g
- **Protein** 1 g
- **Calcium** 99 mg
- **Iron** 2 mg
- **Potassium** 75 mg
- **Total Sugars** 7 g

Cooking Instructions

- 1) Peel the cucumber so that you leave some green stripes and cut into 1/8-inch thin slices using a sharp knife.
- 2) Spread mayonnaise or cream cheese on half of the bread. Layer the slices of cucumber on top of the spread. Sprinkle with a pinch of salt, garlic powder and freshly ground black pepper.
- 3) Top with remaining bread slices. Makes eight sandwiches.
- 4) Using a sharp knife, cut each sandwich into quarters, pushing through the bread down to the bottom. Now you have 32 tea sandwiches.
- 5) Serve right away and enjoy!



For More Information

louisianafarmtoschool@agcenter.lsu.edu
www.SeedstoSuccess.com

This Institution is an equal opportunity provider.



SEEDS to
SUCCESS

THE LOUISIANA FARM TO SCHOOL PROGRAM