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!

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