

# Turkey and Cucumber Sandwich

**Serves: 4**

## **Ingredients:**

4 slices whole wheat bread  
4 slices enriched white bread  
½ cup plain fat free yogurt  
2 teaspoons fresh dill, chopped or 1 teaspoon dried dill  
½ cup cucumbers, chopped  
¼ cup onion, chopped  
1/8 teaspoon black pepper  
8 oz turkey breast, thinly sliced (or you can use turkey breast lunchmeat, fat free, low-sodium)

Additional cucumber slices, as desired  
1/8 tsp salt (optional)

## **Directions:**

Mix the yogurt, dill, onion, pepper and chopped cucumbers. Divide the yogurt/ cucumber mixture on all 8 slices of bread, top the whole wheat bread with turkey, cucumber slices and cover with the white bread.

## **Nutrition Facts:**

Calories: 245  
Total Fat: 2.46 g  
Saturated Fat: .14 g  
Sodium: 317.15 mg  
Potassium: 203.45 mg  
Calcium: 239 mg  
Vitamin D: 1.25 mg; 50 IU  
Dietary Fiber: 4.79 g

## **Amount of Each Food Group Per Serving:**

Fats: 0  
Milk, Yogurt, Cheese: 1/8  
Meat, Poultry, Fish, Dry Beans, Eggs, Nuts: 2  
Fruits, Vegetables: .5  
Bread, Cereal, Rice, Pasta: 2

**Serving suggestions: Serve with 1 non-fat dairy serving and 1 ½ fruit and/or vegetable servings.**



The "Grain Chain," a group of MyPlate National Strategic Partners committed to promoting and supporting grains, offers a series of recipes featuring whole grains. Members include American Bakers Association, Wheat Foods Council, Grains Food Foundation, National Pasta Association, USA Rice Federation, General Mills, and Kellogg's.