

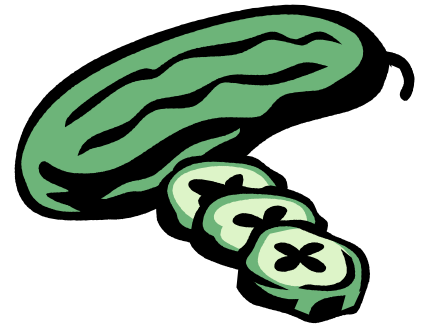
# Cucumber Sandwich

**Prep time:** 5 minutes

**Serving Size:** 1 serving

## Ingredients:

- 1 medium Cucumber
- 1 wedge of Laughing Cow spreadable cheese
- 4 slices of thinly sliced deli turkey (about 2 oz)



## Directions:

1. Start by washing off the cucumber. Once it's clean, peel off the skin (optional).
2. Once the skin is removed, cut the cucumber in half starting from one tip to the other (long way) and separate the halves.
3. Then take the cheese, and with a knife spread the cheese on each half of the cucumber.
4. Finally, take a couple pieces of turkey slices, fold them over and place on top of one half of the cucumber. Do that to the other half as well.

\*You can eat either half of the cucumber separate or put them together and eat them just like a sandwich.

**\*\*Tip:** Cucumbers are made up of 96% water and can aid in water intake when eating them. (Water is important for normal functioning of all the systems in the body) Cucumbers are also loaded with vitamin C and many other antioxidants that protect the body from cancers and other illnesses. This also helps with collagen production and brain function as well as processing fat. Cucumbers also contain a great amount of vitamin K which helps in blood clotting and building bones. This vitamin is mainly found in the peel – eat the peel as much as possible!

## Nutrition Facts (per serving):

Calories: 52

Total Fat: 1g

Cholesterol: 13mg

Sodium: 322mg

Total Carbohydrate: 3g

Fiber: .5g

Sugar: 3g

Protein: 6