

butterfly Cucumber Sandwich



Ingredients

- 4 slices Whole Wheat or White Bread
- 1/2 cup Cream Cheese
- 1 Cucumber, washed and peeled
- 4 leaves Romaine Lettuce
- 2 slices Turkey Breast Ham
- 1/2 Avocado, sliced
- 2 Carrots, washed, peeled and cut into sticks
- 9 Baby Tomatoes, washed
- Extra Virgin Olive Oil
- Salt and Pepper (optional)

Directions

Use potato peeler to make thin slices out of the cucumber. Cut the edges of the bread, spread cream cheese over them and put cucumber slices. Add oil, salt and pepper before you roll them up.

1. Spread bread with cream cheese; add cucumber slices and lettuce; add oil, salt and pepper. Close sandwich and cut into four (triangle shape).

Serve as shown in picture, using carrot sticks in center and baby tomatoes to decorate.

2. Spread bread with cream cheese; add ham, avocado, oil, salt and pepper.

Serve open as shown in picture, using carrot sticks in center and baby tomatoes to decorate.

Enjoy!!!



Tips

You can create your own sandwich with your preferred ingredients.