

Cucumber

CURRIED EGG SALAD SANDWICHES

Ingredients:

- 1/3 cup olive oil mayonnaise
- 2/3 cup plain, nonfat Greek yogurt
- 1 Tbsp curry powder
- 1 Tbsp ground cumin
- 6 large hard-boiled eggs, peeled & mashed
- 1/2 cup raisins
- 12 slices 100% whole-wheat sandwich bread, toasted
- 1 medium cucumber, thinly sliced
- 12 romaine lettuce leaves

Preparation:

1. In a large bowl, whisk together mayo, yogurt, curry powder & cumin. Stir in eggs & raisins. Mix well.
2. Assemble sandwiches with toast, cucumber slices, egg salad & lettuce.

20 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (250g)

Amount per serving
Calories 390

% Daily Value*

Total Fat 14g 18%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 190mg 63%

Sodium 570mg 25%

Total Carbohydrate 54g 20%

Dietary Fiber 10g 36%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 18g

Vitamin D 1mcg 6%

Calcium 211mg 15%

Iron 4mg 20%

Potassium 397mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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CUCUMBER

In Season

June - July & September - October

How to Select

Choose firm, bright-green cucumbers that are free of yellow or brown spots.

How to Store

Store unwashed cucumbers wrapped in a paper towel in a zip-close bag up to 1 week. Do not store near air vent as cucumbers are very sensitive to cool temperatures.

Helpful Tip

Enjoy cucumbers with the skin on for more fiber, vitamins & minerals.



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