

# Sandwich Sushi

2 Servings • 1 Serving = 1 Sushi Roll



## INGREDIENTS

- 3 Tablespoons low-fat cream cheese, softened
- 1 ½ Tablespoons low-fat plain Greek yogurt
- 1 green onion, finely chopped
- 2 slices whole wheat bread
- ½ cucumber, cut into matchsticks
- 1 large carrot, cut into matchsticks

## DIRECTIONS

1. In a small bowl, combine the cream cheese and yogurt and mix well. Add the green onion and stir to combine.
2. Slice the crust off the bread and place the bread between two pieces of wax paper. Use a rolling pin to roll the bread until thinned out.
3. Split the cream cheese between the two slices of bread and spread evenly.
4. Place cucumber and carrot sticks at the bottom of each slice of bread, letting the ends hang over the edges. Roll up each slice of bread, pressing gently to seal.
5. Slice each sushi roll into 4 equal parts.

## Nutrition Facts

2 servings per container  
Serving size 1 sushi roll-up

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	6%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 9g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 109mg	8%
<b>Iron</b> 1mg	6%
<b>Potassium</b> 275mg	6%

\*The % Daily Value 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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