

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* |
|-------------------------------|----------------|
| Total Fat 5g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 15mg | 6% |
| Sodium 310mg | 13% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 2g | 7% |
| Total Sugars 7g | |
| Includes 0g Added Sugars | 0% |
| Protein 9g | |
| Vitamin D 0mcg | 0% |
| Calcium 109mg | 8% |
| Iron 1mg | 6% |
| Potassium 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.

Developed by The Children's Hospital of San Antonio

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