

LOADED CUCUMBER SANDWICH

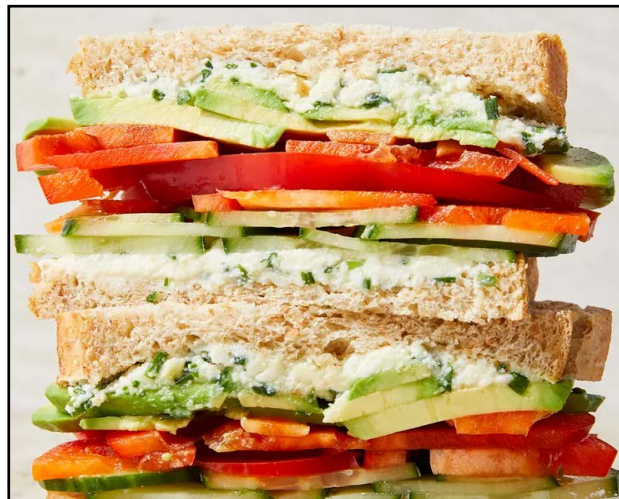


INGREDIENTS

- 3 tablespoons shredded extra-sharp Cheddar cheese
- 2 tablespoons ricotta cheese
- 4 teaspoons finely sliced chives
- 2 teaspoons lemon juice
- Ground pepper to taste
- 2 slices whole-wheat sandwich bread, lightly toasted
- 1/3 cup thinly sliced cucumber
- 1/4 cup thinly sliced red bell pepper
- 1/3 avocado, sliced

DIRECTIONS

1. Stir Cheddar, ricotta, chives, lemon juice, salt and pepper together in a small bowl.
2. Spread half the mixture on each slice of toast.
3. Layer one slice with cucumber, pepper and avocado, then top with the other slice, spread-side down.
3. Serve!



Serves: 1	Serving Size: 1 sandwich	Calories: 403
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Recipe courtesy of eatingwell.com