

## Cucumber Cheese Melt



Serves 4

### Ingredients:

- ¼ package (227 g) fat-free cream cheese softened
- 2 tbsp crumbled blue cheese
- 8 slices multigrain bread
- ¼ cup apricot spreadable fruit
- 16 cucumber slices
- 4 slices fat-free Swiss cheese

### Procedure:

- Mix cream cheese and blue cheese; spread on 4 slices of bread.
- Spread 1 tbsp spreadable fruit over cheese on each slice; top with 4 cucumber slices, a slice of Swiss cheese, and remaining bread slices.
- Cook sandwiches over medium heat in a greased large skillet until browned on the bottoms, about 5 minutes.
- Turn and cook until browned on other side.

### Per serving:

- Calories: 249
- Protein: 14 gm
- Carbohydrates: 43 gm
- Fat: 11 gm

A marvelous combination of flavors that will keep you coming back for more!