

## Garden Deli Sandwich

Serves 1



### Ingredients:

- 4 tbsp light cream cheese
- 1 whole-wheat pita bread
- 8 cucumber slices
- 4 tomato slices
- 1 cup alfalfa sprouts

**Procedure:**

- Cut pita bread in half.
- Spread cream cheese inside pita bread.
- Add sliced vegetables and sprouts.

**Per serving:**

- Calories: 347
- Protein: 14 gm
- Carbohydrates: 45 gm
- Fat: 12 gm

This is a simple sandwich and a good way to use cucumbers and tomatoes from the garden. Zucchini can be substituted for the cucumbers.