

Sandwich Sushi

2 Servings • 1 Serving = 1 Sushi Roll

Tips on Carrots



How To Store

Store carrots in a sealed container or a bag in the refrigerator.



How To Use

Carrots can be sauteed, baked into cakes or cooked in soups & stews.



Health Benefits

Supports heart, immunity & vision health. Lowers the risk of some cancers.

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

- In a small bowl, combine the cream cheese and yogurt, mix well. Add the green onion and stir to combine.
- Slice the crust off the bread and place the bread between two pieces of wax paper. Use a rolling pin and roll onto the bread until thin.
- Split the cream cheese between the two slices of bread and spread evenly.
- 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.
- Slice each sushi roll into 4 equal parts.

Nutrition Facts

2 servings per container
Serving size 1 Roll (142g)

Amount per serving
Calories 130
% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 4.5g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 200mg | 9% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 3g | 11% |
| Total Sugars 5g | |
| Includes 1g Added Sugars | 2% |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 83mg | 6% |
| Iron 2mg | 10% |
| Potassium 238mg | 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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