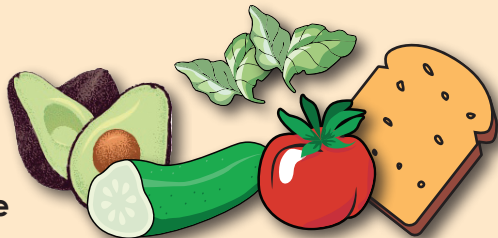


# Cucumber, Tomato and Avocado Sandwiches

## Ingredients:

(Serves 4-6)

- ❑ 1 cucumber, peeled
- ❑ 1 avocado, pitted and peeled
- ❑ 2 tomatoes
- ❑ salt and pepper, to taste
- ❑ 8 slices 100% whole wheat bread
- ❑ Fresh spinach or green leaf lettuce
- ❑ ½ bunch cilantro (optional)



## Directions:

- 1 Thinly slice the cucumber, avocado and tomato.
- 2 Spread the sliced cucumber, avocado and tomato evenly on four slices of 100% whole wheat bread.
- 3 Season with a little salt and pepper

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## Directions:

- 4 Top with fresh spinach or lettuce leaves, and optional cilantro.
- 5 Top with other slice of 100% whole wheat bread and serve.

## Tips:

1. Young children can help with steps 2 through 5.
2. Using eight pieces of bread will give you four whole sandwiches, but you may want to serve half sandwiches for smaller children.
3. If you have leftover guacamole, use that instead of the avocado slices.
4. For added flavor, you may add red onion slices.
5. These can be made three hours ahead of eating if kept wrapped in the refrigerator.



Child Health Initiative for Lifelong Eating & Exercise