

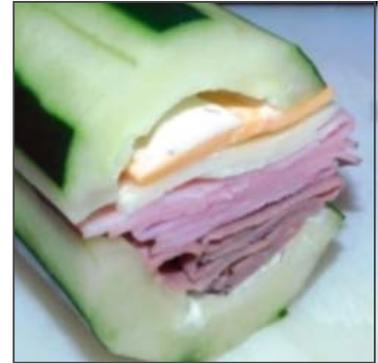
Cucumber Sub Sandwiches

No bread required for this cucumber sandwich recipe. Instead your cucumber will hold all the healthy goodness in this sandwich.

Recipe Type: Main Dish, Sandwich

Ingredients

- 4 each cucumber, large
- 8 slices turkey breast luncheon meat slices
- 8 slices roast beef luncheon meat slices
- 2 slices Swiss cheese, reduced fat
- 2 slices cheddar cheese, low fat
- 2 tbs thousand Island, fat free



Directions

- 1 Peel skins off of cucumbers.
- 2 Cut cucumbers in half lengthwise and remove seeds.
- 3 Scoop about some of the cucumber in the center to create a concave. (this will help hold all the ingredients inside).
- 4 On each sandwich, add 2 slices of roast beef, folded in half.
- 5 Place 2 slices of turkey luncheon meat on top of roast beef, folding in half.
- 6 Add a ½ slice each of the Swiss cheese and cheddar cheese.
- 7 Top with ½ tablespoon of Thousand Island dressing.
- 8 Cut in half and serve.

Cooking Times

Preparation Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 189 calories, 6.4g total fat, 3.5g saturated fat, 49.8mg cholesterol, 819.7mg sodium, 8.2g carbohydrates, 2g fiber, 6.3g sugar, 24.5g protein.

Servings: 4

Yield: 4 sandwiches

Weight Watchers Points

Note: The cucumber and turkey breast slices were not used for the calculation of the Freestyle SmartPoints. All other points do not include the cucumber.

Orig. WW Pts: 4

Points Plus: 4

Smart Points: 4

FreeStyle Smart Points: 3

Tips

These are a bit slippery to eat with all the moisture from the cucumbers. It is easier to make these as an open faced sandwich and just pile everything on top.