

- Preparation Time: 15 Minutes
 - Cook Time: 0 Minutes (No-Cook Recipe)
 - Chill Time: 20 Minutes (Optional but recommended)
 - Total Time: 35 Minutes
 - Intensity Level: Low (Beginner Friendly)
 - Yield: 4 Servings (Approx. 8 tea sandwiches or 4 whole sandwiches)
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Ingredients

For the High-Protein Spread:

- ½ cup plain, non-fat Greek yogurt (strained if possible)
- ½ cup low-fat cottage cheese (whipped smooth in a blender or food processor)
- 2 tablespoons fresh dill, finely chopped (plus extra for garnish)
- 1 tablespoon fresh chives, finely chopped
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon lemon juice (freshly squeezed)
- 1 teaspoon Dijon mustard
- Salt and black pepper, to taste

For the Sandwiches:

- 8 slices of high-protein bread (Look for breads labeled “Protein Bread” or “High-Fiber,”

usually containing 10g+ protein per slice. Alternatively, use whole wheat or sourdough.)

- 1 large English cucumber (or 2 Persian cucumbers), sliced very thin
 - Optional: Fresh mint leaves or microgreens for garnish
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Instructions

Step 1: Prepare the Cucumbers (Intensity: Low)

The key to a non-soggy cucumber sandwich is removing excess moisture.

1. Wash and dry your cucumbers.
2. Slice them as thinly as possible (a mandoline slicer works best, but a sharp knife is fine).
3. Lay the cucumber slices on a paper towel-lined plate. Sprinkle lightly with salt and let them sit for 10 minutes. Pat the tops dry with another paper towel to remove the drawn-out water.

Step 2: Create the Protein Spread (Intensity: Medium)

1. In a small blender or food processor, add the cottage cheese and pulse until it is

completely smooth and creamy (no curds).

2. In a medium mixing bowl, combine the whipped cottage cheese, Greek yogurt, lemon juice, Dijon mustard, garlic powder, and onion powder.
3. Fold in the chopped fresh dill and chives.
4. Season with salt and black pepper to taste. *Note: The spread should be tangy and savory to complement the cucumber.*

Step 3: Assembly (Intensity: Low)

1. Lay out your 8 slices of high-protein bread. If the bread is very soft, you may opt to lightly toast it to add structural integrity, though traditional recipes call for soft bread.
2. Spread a generous, even layer (about 2 tablespoons) of the protein mixture onto each slice of bread.
3. Arrange the dried cucumber slices in an overlapping pattern on 4 of the bread slices.
4. If using, scatter a few mint leaves or microgreens over the cucumbers for a flavor pop.

Step 4: Press and Chill (Intensity: Low)

1. Place the remaining 4 slices of bread on top to close the sandwiches.

2. Using a serrated knife, gently press down on the sandwich while slicing off the crusts (optional, but traditional).
3. Cut the sandwiches in half diagonally to create triangles.
4. For the best texture, wrap the sandwiches tightly in plastic wrap and refrigerate for 20 minutes before serving. This allows the flavors to meld and prevents the bread from sliding around.

Step 5: Serving

Arrange on a platter and garnish with extra fresh dill. Serve immediately as a light lunch or appetizer.

The Last of the Recipe: Storage and Leftovers

These sandwiches are best enjoyed fresh on the day they are made to prevent the bread from becoming soggy. However, you can prepare the components ahead of time for meal prep:

- **The Spread:** Store the protein spread in an airtight container in the refrigerator for up to 4 days.
- **The Cucumbers:** Slice and dry cucumbers can be stored separately in the fridge for up to 2 days.

- The Bread: Keep bread frozen until ready to use.

To store assembled sandwiches, wrap them individually in parchment paper, then place them in an airtight container. They will keep in the fridge for up to 24 hours. If making for a party, assemble them no more than 2 hours before serving for the freshest texture.

Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands of bread and dairy products used. The following calculation is based on using a high-protein bread (approx. 10g protein per slice) and non-fat dairy.

Serving Size: 1 Whole Sandwich (2 slices of bread + spread)

Servings Per Recipe: 4

- Calories: 285 kcal

- Total Fat: 4g

- Saturated Fat: 1g

- Cholesterol: 10mg

- Sodium: 420mg

- Total Carbohydrates: 30g

- Dietary Fiber: 8g

- Total Sugars: 5g

- Protein: 27g