

# Cucumber Sandwich

## Troy School District

### Troy, MI



### Recipe Ingredients:

- 1 Whole Cucumber
- 1 Can of Tuna, in Water
- 1/8 tsp. Dried Celery
- 1 Tbsp. Low-Fat Mayonnaise
- 1 Heart of Romaine Lettuce
- 1 Mozzarella String Cheese (Pull apart into long string pieces)
- 1 Avocado
- 1 Small Tomato
- 1.2 Tsp. Dried Parsley
- 1 Tsp. Soy Bacon Bits
- Chives - Diced



### Preparation Method:

1. Peel & cut cucumber in half lengthwise, Hollow out with a spoon, avoid breaking the bottom
2. Drain tuna, mix with mayo and dried celery.
3. Romaine Lettuce, cut two leaves the size of your cucumber half
4. Avocado – cut in half spoon out and slice.
5. Cut the tomato in half, cut each half into thin slices.

#### Building the Cucumber Boat:

1. Place 1 romaine leaf in each cucumber half. Layer the following ingredients in order: Cheese, avocado, tuna (2tbsp each half), tomato, chives and bacon  
Garnish with dried parsley.

Yield 2 Servings



Chef MaryJane  
Ware