

High-Protein Cucumber Sandwich

This high-protein cucumber sandwich features a creamy spread made by whipping cottage cheese with white miso, soy sauce and rice vinegar. This mixture delivers a creamy boost of protein that pairs perfectly with sliced cucumbers, which add a crisp, fresh bite.

Ingredients

- **¼ cup no-salt-added 1% low-fat cottage cheese**
- **1 teaspoon white miso**
- **1 teaspoon reduced-sodium soy sauce**
- **1½ teaspoons rice vinegar, divided**
- **1 tablespoon thinly sliced scallions**
- **½ teaspoon black sesame seeds**
- **2 slices whole-wheat bread, lightly toasted**
- **⅓ cup thinly sliced English cucumber**
- **½ small carrot, peeled and shaved into ribbons (¼ cup)**
- **2 tablespoons thinly sliced radishes**
- **¼ small avocado, sliced**

Directions

1. **Combine ¼ cup cottage cheese, 1 teaspoon miso, 1 teaspoon soy sauce and ½ teaspoon rice vinegar in a mini food processor; process until smooth, about 1 minute, stopping to scrape down sides as needed. Transfer to a small bowl; stir in 1 tablespoon scallion and ½ teaspoon sesame seeds. Spread half of the cottage cheese mixture on each slice of toast.**
2. **Toss ⅓ cup cucumber, the carrot ribbons and 2 tablespoons radishes with the remaining 1 teaspoon rice vinegar in a medium bowl until evenly coated. Layer 1 toast slice with vegetable mixture and sliced avocado; top with the remaining slice, spread-side down. Cut the sandwich in half to serve.**