

# Farm Market Recipe

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## Classic Tomato Sandwich

### Ingredients:

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain strained (Greek-style) yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread, lightly toasted
- 4 slices tomato (about ¼-inch)

### Directions:

1. Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well combined. Spread the mixture evenly on 1 side of each toast slice. Arrange tomatoes on 1 slice; top with the other slice, spread-side down. Cut in half diagonally before serving.

### Nutrition Facts:

Servings: 1 Serving Size: 1 sandwich

Per Serving: calories 374; protein 13g; carbohydrates 33g; dietary fiber 5g; sugars 8g; total fat 22g; saturated fat 12g; cholesterol 59mg; vitamin A 1800IU; vitamin C 18mg; vitamin E 3mg; folate 52mcg; vitamin K 23mcg; sodium 444mg; calcium 182mg; iron 2mg; magnesium 65mg; potassium 534mg; zinc 2mg;.

*Recipe from [eatingwell.com](http://eatingwell.com)*