

March 25, 2013

# Creamy Goat Cheese and Cucumber Sandwich

By MARTHA ROSE SHULMAN

I use sumac to bump up the already satisfying and comforting flavor of the creamy goat cheese and cottage cheese blend that blankets cucumbers, celery and dill. My first choice for bread is pumpernickel, but black bread or whole wheat country bread are also good.

To have on hand: blended goat cheese /cottage cheese / yogurt mix.

1 ounce goat cheese

1/4 cup (1 ounce) low-fat cottage cheese

1/2 tablespoon plain low-fat yogurt (more if needed)

1/4 teaspoon sumac (to taste)

2 slices pumpernickel, black bread or whole wheat country bread

Chopped fresh dill

1/2 tender celery stick from the heart, sliced very thin on the diagonal

1/2 Persian cucumber or 1/4 European cucumber, sliced very thin on the diagonal

Salt and freshly ground pepper to taste (optional)

3 walnut halves (1 1/2 whole walnuts), finely chopped

**1.** In a mini-processor (or if multiplying the recipe, in a food processor fitted with the steel blade), blend together the goat cheese, cottage cheese and yogurt until smooth. Add the sumac and mix together.

**2.** Spread half the cheese mixture on one slice of the bread. Sprinkle with dill. Top with a layer of thinly sliced celery. Top the celery with a layer of cucumber slices. Season if desired with salt and pepper and sprinkle on more dill. Spread the remaining cheese over the top slice of bread and sprinkle the walnuts over the cream so that they stick. Reverse the top slice onto the cucumber layer, press the sandwich gently (not too hard or the cream will ooze out), cut in half and serve.

**Variation:** A couple of slices of smoked salmon, a layer of thinly sliced radishes, or both, would not be unwelcome.

**Yield:** 1 sandwich

**Advance preparation:** You can take this to work in the morning and eat it for lunch. Keep cold. The blended goat cheese, cottage cheese and yogurt will be good until the sell-by dates of the cottage cheese. You may have to stir briskly when you are ready to use it if it has been sitting for a long time in your refrigerator.

**Nutritional information per sandwich:** 360 calories; 16 grams fat; 8 grams saturated fat; 4 grams polyunsaturated fat; 3 grams monounsaturated fat; 31 milligrams cholesterol; 34 grams carbohydrates; 5 grams dietary fiber; 599 milligrams sodium (does not include salt to taste); 20 grams protein

*Martha Rose Shulman is the author of [“The Very Best of Recipes for Health.”](#)*