U.S. Cream Cheese & Beet Sandwich with Avocado

U.S. cream cheese helps make this a vegetarian sandwich that can satisfy!

INGREDIENTS

(Makes 4 sandwiches)

Pumpernickel or Whole Grain Bread 8 slices
U.S. Cream Cheese 300g
Beets, cooked, peeled, chilled and chopped 4 medium
Salt & Pepper To taste
Arugula Leaves 32
Radish Sprouts 24g
Avocados 2

NUTRITIONAL CONTENT

Per 100g

U.S. Label

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (100g)</th>
<th>Servings Per Container</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 180</td>
<td>Calories from Fat 110</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>Total Fat 13g</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>Cholesterol 25mg</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Sodium 160mg</td>
</tr>
<tr>
<td>Total Carbohydrates 13g</td>
<td>Total Dietary Fiber 4g</td>
</tr>
<tr>
<td>Sugars 4g</td>
<td>Protein 5g</td>
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<td>Protein 5g</td>
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</table>
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | Calories per gram:
| Calories: 2,000 | Fat 9 | Carbohydrate 4 | Protein 4 |

PREPARATION

1. Lay out four slices of bread and spread 75g of cream cheese on each.
2. Divide the beets evenly between all four, pressing gently into the cheese. Salt & pepper over the top.
3. Lay half of the arugula and radish sprouts on next.
4. Cut the avocados into eight slices each and place four on each sandwich.
5. Top with remaining arugula and the last slice of bread, cut in half diagonally and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.