

Skinny Strawberry Sandwich

Ingredients

- 8 ounces Neufchatel cheese or low-fat cream cheese, softened
- 1 tablespoon honey
- 1 teaspoon grated lemon zest
- 4 English muffins, split and toasted
- 2 cups (about 10 ounces) sliced stemmed strawberries

Directions

1. In food processor, process cheese, honey and zest until well mixed, or mix in bowl with a wooden spoon.
2. Spread 1 tablespoon cheese mixture on cut side of 1 muffin half; top with $\frac{1}{4}$ cup strawberries.
3. Repeat with remaining ingredients to make 8 open faced sandwiches.

Makes 4 servings.

Tip: Make cheese mixture ahead and store in refrigerator.

Nutritional Information

- Calories: 215
- Carbohydrate: 37 g
- Cholesterol: 11 mg
- Fiber: 4 g
- Protein: 7 g
- Fat: 5 g
- Sodium: 277 mg