



SUSHI SAMMIES

WHAT YOU'LL NEED:

- Slices of white or wheat bread
- A few tablespoons of cream cheese
- 1 ½ tablespoons of sour cream
- Carrot, cucumber, and zucchini matchsticks (sliced carrots, zucchini, and cucumbers)



HOW TO MAKE:

To chop the vegetables, you'll need a knife. So remember to ask your parents' permission before making this recipe and get help from a parent or older brother or sister if needed.

STEP 1 Flatten 2 slices of bread with a rolling pin.

STEP 2 Mix together a few tablespoons of cream cheese and 1 ½ tablespoons sour cream; spread over slices.

STEP 3 Lay carrot, zucchini, and cucumber matchsticks at the bottom of each slice. Depending on the length of the veggie slices, they may hang over the edges.

STEP 4 Roll up bread, pressing gently to seal, and then cut each roll into equal pieces.