



Simple Hummus Sandwich

Yield: 6 servings

Ingredients

12 slices whole wheat bread

$\frac{3}{4}$ cup hummus*

1 $\frac{1}{2}$ cup arugula or baby spinach

1 cucumber, sliced

1 apple or pear, sliced

1 tomato, sliced

* see recipe

Instructions

1. Spread 1 tablespoon of hummus on each slice of bread (optionally toast your bread for extra crunch).
2. Top half of the bread slices with $\frac{1}{4}$ cup of arugula or baby spinach.
3. Top greens with cucumber, apple or pear and tomato slices.
4. Top with other slice of bread and serve.

Nutrition Information

Serving Size: 1 sandwich

Calories: 322

Total Fat: 7.5 g

Saturated Fat: 1 g

Monounsaturated Fat: 2.7 g

Polyunsaturated Fat: 2.9 g

Sodium: 370 mg

Total Carbohydrate: 57.5 g

Dietary Fiber: 7.6 g

Sugars: 8 g

Protein: 9.4 g

Source: adapted from Health meets Food



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