



# Hummus Veggie Sandwich

## Ingredients

- 2 slices of whole grain bread
- 2 TBSP hummus
- 2 TBSP sun dried tomatoes
- Handful of spinach
- Grape tomatoes, sliced in half
- Red onion, thinly sliced
- Cucumber, thinly sliced

## Directions:

1. Toast two slices of whole grain bread
2. Spread 1 TBSP of hummus on each side
3. Add remaining ingredients in an even layer to one slice of bread
4. Close sandwich; Slice in half
5. Take on the go or enjoy immediately!

Cost: \$ \$

Ease:



**Health Benefit:** Hummus is a great source of proteins, fats, and carbs to promote fullness. Whole grain bread is a healthy source of energy. Cucumbers are hydrating. Red onion boosts immunity.

Equipment