



Veggie & Hummus Sandwich*

Yield 1 serving. Recipe from eatingwell.com.

Ingredients

- 2 slices whole-grain bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens
- ¼ medium red bell pepper, sliced
- ¼ cup sliced cucumber
- ¼ cup shredded carrot

Nutritional info

Calories	325
Total Fat	14g
Fiber	12g
Total Carbohydrates	40g
Protein	13g
Vitamin A	(128%)
Vitamin C	(55%)
Calcium	108mg
Iron	3mg
Potassium	(16%)
Magnesium	(25%)

**Photo does not represent recipe accurately.*

Directions

1. Spread one slice of bread with hummus and the other with avocado.
2. Fill the sandwich with greens, bell pepper, cucumber and carrot. Slice in half and serve.