

Simple Hummus Sandwich



This quick and easy sandwich is loaded with fresh vegetables and the hummus serves as a spread and protein element. You can also customize the hummus with flavors like roasted red pepper, roasted garlic, or chipotle in adobo.

YIELD 8 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

For the Simple Hummus:

1 (15oz) can	Chickpeas (Garbanzo Beans), drained and rinsed
1 clove	Garlic, rough chop
½ each	Lemon, juiced
⅓ cup	Water
¼ cup	Extra Virgin Olive Oil
½ tsp	Kosher Salt
To taste	Black Pepper
1 tsp	Hot Sauce (optional)

For the Sandwiches:

8 each	Whole Wheat Sandwich Thins
1 cup	Simple Hummus (from above)
4 cups	Baby Spinach or Arugula
1 each	Cucumber, thinly sliced rounds
1 each	Apple or Pear, thinly sliced
8 each	Cheddar Cheese, thin/deli-cut slices
1 each	Globe Tomato, thinly sliced rounds

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. *Make the hummus:* Drain and rinse the chickpeas. In a microwavable safe bowl, microwave the chickpeas until hot (about 1-2 minutes on high). This will result in smoother hummus.
3. In a food processor or blender, combine the garlic, chickpeas, lemon juice, water, oil and spices. Blend the mixture until smooth. If the hummus is too thick, add warm water, one tablespoon at a time, until the hummus is smooth and creamy.
5. *Assemble the sandwiches:* Spread about 2 Tbsp of hummus over each sandwich thin. Then, layer the remaining toppings evenly amongst the four (bottom) slices. Finish the sandwiches by topping with the remaining four (top) slices.

CHEF'S NOTES

Try toasting the sandwich thins (or bread) for more contrast in texture!

These sandwiches are best enjoyed the day they are assembled. For lunch, simply wrap in plastic or store in an airtight container until ready to eat.

Extra hummus can be stored in an airtight container in the refrigerator for up to 5 days.

EQUIPMENT NEEDS

Blender or Food Processor
Chef Knife
Cutting Board
Dinner Knife
Measuring Spoon and Cup Sets
Microwave
Rubber Spatula
Strainer or Colander (small)
Toaster or Stovetop with Pan (optional)
Peeler (optional)

Nutrition Facts

8 servings per container

Serving Size 1 sandwich (167 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 12g 15%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 410mg 18%

Total Carbohydrate 31g 11%

Dietary Fiber 7g 25%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 12g 24%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.31mg 0%

Potassium 100mg 3%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

