

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
3 Tbsp	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 microwaveable 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 eight (bottom) slices. Finish the sandwiches by topping with the remaining eight (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.

Nutrition Facts

8 servings per container

Serving size 1 sandwich (217g)

Amount Per Serving

Calories **300**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 490mg **21%**

Total Carbohydrate 39g **14%**

Dietary Fiber 7g **25%**

Total Sugars 7g

Includes 2g Added Sugars **4%**

Protein 14g **28%**

Vitamin D 0.2mcg 0%

Calcium 230mg 15%

Iron 2.5mg 15%

Potassium 350mg 8%

* 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.

CONTAINS: MILK, WHEAT

Recipe adapted from *Health meets Food*, "Simple Hummus Sandwich" (8/1/19)



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