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.

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<th>YIELD</th>
<th>PREP TIME</th>
<th>TOTAL TIME</th>
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<td>8 SERVINGS</td>
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<td>20 MIN</td>
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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)
2 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.

4. 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.
Recipe adapted from *Health meets Food*, “Simple Hummus Sandwich” (8/1/19)

CONTAINS: MILK, WHEAT