



Stacked Veggie Sandwich

1 serving

5 minutes

Ingredients

- 2 tbsps Hummus
- 2 slices Whole Grain Bread
- 1/16 head Green Lettuce (leaves separated)
- 1/4 Tomato (medium, sliced)
- 1/4 cup Radishes (trimmed, sliced)
- 1 tbsp Red Onion (sliced)
- 1/2 Carrot (small, shredded)

Nutrition

Amount per serving	
Calories	317
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	4g
Monounsaturated	2g
Carbs	46g
Fiber	10g
Sugar	8g
Protein	14g

Directions

- 1 Spread the hummus on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Best enjoyed the same day but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread.

More Flavor: Season with salt and pepper to taste. Use flavored hummus or your favorite dressing instead.

Additional Toppings: Sliced bell peppers, green onions, fresh herbs, or sprouts.