



# Veggie & Hummus Sandwich

This mile-high vegetable and hummus sandwich makes the perfect heart-healthy vegetarian lunch to go. Mix it up with different flavors of hummus and different types of vegetables depending on your mood.

## Ingredients

- 2 slices whole-grain bread
- 3 tablespoons hummus
- ¼ avocado, mashed
- ½ cup mixed salad greens (sprouts are a plus!)
- ¼ medium tomato, sliced
- ¼ cup sliced cucumber
- ¼ cup shredded carrot

## Preparation

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

## Nutrition (per serving)

Serving Size: 1 sandwich.

Per Serving: 325 calories; protein 12.8g; carbohydrates 39.7g; fat 14.3g; saturated fat 2.2g; sodium 407mg

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