

BEYOND HUNGER

VEGGIE AND HUMMUS SANDWICH

This diabetes-friendly recipe is a high-fiber, delicious lunch option packed with non-starchy vegetables; this combo will help you get plenty of essential nutrients! Not a fan of some of the vegetables included in the recipe? No problem! Customize this versatile dish with veggies of your liking or add a lean protein, like turkey.

Yield: 1 serving

Serving Size: 1 sandwich

Ingredients

- 2 slices **whole-grain bread**
- 2-3 tablespoons **hummus**
- ¼ **avocado**, mashed
- ½ cup **mixed salad greens**
- ¼ medium **red bell pepper**, sliced
- ¼ cup **cucumber**, sliced
- ¼ cup **carrot**, shredded

Instructions

1. Spread hummus on one slice of bread and mashed avocado on the other slice.
2. Layer sandwich with mixed greens, bell pepper, cucumber, and shredded carrot,
3. Slice sandwich in half and serve.

Per Serving: Calories 325, Carbohydrates 40g, Protein 13g, Saturated Fat 2g, Sodium 407mg, Fiber 12g, Sugars 6.8 g

Chef's Note: Keep this sandwich fresh and ready to go by storing it in the refrigerator for up to four hours.

This recipe is featured in November issue of Beyond the Kitchen and was adapted from eatingwell.com.



BEYOND THE KITCHEN

Nutrition News from Beyond Hunger