

Heart Healthy VEGGIE SANDWICH

Almost everyone can benefit from adding more plant-based foods to their diet. Hummus blends well with many raw veggies.

INGREDIENTS

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

DIRECTIONS

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



NUTRITION FACTS

Serving Size: 1 sandwich

Per Serving: 325 calories; protein 12.8g;
carbohydrates 39.7g; dietary fiber 12.1g; sugars 6.8g;
fat 14.3g; saturated fat 2.2g; vitamin a iu 6388.1IU;
vitamin c 49.8mg; folate 171.1mcg; calcium 107.8mg;
iron 3.4mg; magnesium 105.3mg; potassium 746.3mg;
sodium 407mg; thiamin 0.3mg; added sugar 2g.



Wisconsin Athletic Club

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