

# Garden Sandwich

## Ingredients:

- 2 slices wheat bran bread
- 2 tbsp. hummus (see garlic hummus recipe)
- 1 tbsp. raw cashews, chopped
- ¼ cup fresh baby spinach
- ½ cup cucumber, sliced
- 2 slices tomato, sliced ¼"
- ¼ cups fresh sweet bell pepper, sliced
- 1 ½ tsp. green onion, diced
- ¼ cup mushrooms, sliced
- ⅛ tsp. black pepper



## Nutrition Facts

Serving Size 1 sandwich (121g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 170    **Calories from Fat** 50

% Daily Value\*

**Total Fat** 6g    **9%**

**Saturated Fat** 1g    **5%**

**Trans Fat** 0g

**Cholesterol** 0mg    **0%**

**Sodium** 270mg    **11%**

**Total Carbohydrate** 25g    **8%**

**Dietary Fiber** 3g    **12%**

**Sugars** 6g

**Protein** 6g

Vitamin A 15%    •    Vitamin C 35%

Calcium 4%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:    2,000    2,500

**Total Fat**    Less than    65g    80g

**Saturated Fat**    Less than    20g    25g

**Cholesterol**    Less than    300mg    300mg

**Sodium**    Less than    2,400mg    2,400mg

**Total Carbohydrate**    300g    375g

**Dietary Fiber**    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



\*VEGAN



\*SOY FREE



\*CONTAINS NUTS

## Directions:

1. Spread 1 tablespoon hummus on each slice of bread.
2. Sprinkle cashews on one side of hummus.
3. Begin layering the side with the cashews with remaining items in the order listed.