

Mediterranean Sandwiches

Ingredients:

Hummus:

- 2 (15 ounce) cans garbanzo beans, drained
- ½ cup roasted tahini paste
- ¼ cup lemon juice
- 1 tsp. grated lemon zest, minced
- 2 cloves garlic
- ¼ cup packed flat leaf parsley
- ¼ cup chopped green onions
- 1 tsp. salt
- 2 tsp. ground black pepper

Sandwich:

- 12 oz. Hummus (3 T per sandwich)
- 8 slices whole wheat bread
- 24 slices cucumber (4 per sandwich)
- ½ C chopped red onion
- 2 C spinach leaf
- 16 slices tomato
- 8 Kalamata olives (2 per sandwich, chopped)



Nutrition Facts

Serving Size 1/2 sandwich (153g)
Servings Per Container 8

Amount Per Serving

Calories 160 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 23g **8%**

Dietary Fiber 5g **20%**

Sugars 4g

Protein 7g

Vitamin A 15% • Vitamin C 15%

Calcium 8% • Iron 10%

*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

Directions:

1. Place garbanzo beans, tahini paste, lemon juice, lemon zest, garlic, parsley, and green onion in the bowl of a food processor. Blend until smooth, adding water if the mixture is too thick.
2. On slices of whole wheat bread, layer in following order: On each slice of bread spread 3 tablespoons hummus, sprinkle evenly the chopped onion and chopped olives.
3. Next add 4 slices of cucumber to each piece of bread. Evenly on each piece of bread, divide and stack spinach leaves and finally add 2 slices of tomato to each.