



# Simple Hummus Sandwich



**Yield:** 12 servings

## Ingredients

### For the Hummus

- 4 cloves garlic, roughly chopped
- 1 (15 ounce) can garbanzo beans: drained and rinsed
- ½ each lemon, juiced
- ¼ cup water
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ½ teaspoon hot sauce, optional
- ¼ cup extra virgin olive oil

### To Serve

- 12 slices of whole wheat bread
- 2 tablespoons hummus
- 2 cups arugula or baby spinach
- 12 slices cucumber, cut into ¼" rounds
- 12 slices apples or pears
- 12 slices tomatoes
- 4 ounces reduced fat shredded cheddar cheese

## Instructions

1. Blend all hummus ingredients in a food processor or blender until smooth.
2. Refrigerate after making.

### To serve:

1. Spread the hummus onto one slice of whole wheat bread
2. Top with greens, then with 2 slices of cucumbers, 2 slices of apples or pears, and 2 slices of tomatoes.
3. Sprinkle with cheddar cheese.

## Nutrition Information

**Serving Size:** 1 sandwich

- Calories: 176
- Total Fat: 5.0 g
- Saturated Fat: 1.8 g
- Monounsaturated Fat: 0.8 g
- Sodium: 232 mg
- Total Carbohydrate: 28 g
- Dietary Fiber: 3.7 g
- Sugars: 4.5 g
- Protein: 6.8 g

Source: Goldring Center for Culinary Medicine



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