# Rainbow Hummus Sandwich 

Source: Vegan Kickstart

This sandwich makes for a delicious and easy-to-prepare lunch!

## About the Recipe

## $\mathbf{2 6 6}$ Calories - $\mathbf{1 2 . 4}$ g Protein - $\mathbf{8}$ g Fiber <br> Lunch <br> Nut-free

Eating all of the colors of the nutrition rainbow will provide you with an abundance of antioxidants and other protective compounds.

## Ingredients

## Makes 1 Servings

- 2 slices whole-wheat bread
- 2 tbsp ( 34 g ) low-fat hummus
- $1 / 4 \mathrm{c}(45 \mathrm{~g})$ tomatoes, sliced
- $1 / 4 \mathrm{c}(38 \mathrm{~g})$ orange bell peppers sliced
- $1 / 4 \mathrm{c}(38 \mathrm{~g})$ yellow bell pepper, sliced
- $1 / 4$ c (26 g) cucumber, sliced
- $1 / 4 \mathrm{c}(18 \mathrm{~g})$ red cabbage, shredded


## Directions

1. Toast slices of whole-wheat bread. Spread\ hummus on both slices.
2. Pile vegetables on top of bread and close sandwich. Feel free to substitute with vegetables of your choice.

## Nutrition Facts

Per sandwich:

Calories: 266

Fat: 5.4 g
Saturated Fat: 0.89 g
Calories From Fat: 17.7\%
Cholesterol: 0 mg
Protein: 12.4 g
Carbohydrate: 43.5 g
Sugar: 8.6 g
Fiber: 8 g
Sodium: 468 mg
Calcium: 164 mg
Iron: 2.9 mg
Vitamin C: 88.9 mg
Beta-Carotene: 739 mcg
Vitamin E: 2.7 mg

