

Veggie Sandwich with Hummus

Food Groups:

Grains

Dairy

Vegetables

2 lettuce leaves

2 pieces whole wheat bread (you can also toast the bread)

1 slice low-fat cheddar **OR** Monterey jack cheese

 2 tablespoons hummus

2-3 slices tomato

3 baby carrots, cut in half


5 slices cucumber

1. Wash your hands
2. Wash lettuce leaves under cold running water. Wrap lettuce in paper towel to dry.
3. Place bread on a large plate.
4. Spread 1 tablespoon of hummus on each piece of bread.
5. Place cheese on one slice of bread.
6. Cut tomato, cucumber and carrots.
7. Place slices of carrots on top of hummus on second slice of bread.
8. Place 5 slices of cucumber on top of carrot.
9. Place slices of tomato on top of cucumber.
10. Place lettuce on top of tomato.
11. Cover lettuce with cheese/hummus piece of bread.

One Serving

Veggies with Hummus Dip

Food Groups:
Vegetables
Protein

 ¼ cup hummus

 1 cup of veggies of your choice:

sugar snap peas, carrot sticks, celery sticks,
cucumber slices, cherry tomatoes, bell pepper
slices

1. Wash your hands.
2. Slice veggies as needed.
3. Arrange veggies on a plate. Add hummus to the plate.
4. Dip veggies into hummus and enjoy!

1 serving

Grocery List

- Hummus
- Low-fat cheddar **OR** Monterey jack cheese
- Lettuce
- Cucumber
- Carrots
- Tomato
- Whole wheat bread
- Other Options: see recipes for choices of other veggies – sugar snap peas, bell pepper, cherry tomatoes, celery

Equipment List

Paper towel **OR** dish towel

Plate

Butter knife

Cutting Board

Cutting Knife

Measuring cups

Measuring spoons