

Farm Market Recipe



Spinach, Sun-Dried Tomato & Cucumber Sandwich

Ingredients:

- ¾ cup plain hummus
- 8 slices whole-wheat sandwich bread
- ¾ cup drained julienned sun-dried tomatoes in oil, chopped
- 1 cup thinly sliced English cucumber
- ½ cup thinly sliced red onion
- 3 cups loosely packed baby spinach
- ½ cup crumbled feta cheese

Directions:

1. Spread hummus on 1 side of each bread slice (about 1½ tablespoons each). Top each of 4 slices in even layers with 2 tablespoons sun-dried tomatoes, ¼ cup cucumber, 2 tablespoons onion, ¾ cup spinach and 2 tablespoons feta. Top with the remaining 4 slices, hummus-side down. Cut the sandwiches in half diagonally and serve.

Nutrition Facts:

Servings: 4 Serving Size: 1 sandwich

Per Serving: calories 320; protein 15g; carbohydrates 40g; dietary fiber 9g; sugars 4g; total fat 12g; saturated fat 4g; potassium 640mg; sodium 651mg.

Recipe from Eatingwell