

Honey Mustard Veggie Sandwich



INGREDIENTS

- ¼ cup plain hummus
- 1 tablespoon chopped fresh dill
- 1½ teaspoons honey mustard
- 2 thin slices whole-wheat bread, toasted
- 1 (1-ounce) slice sharp Cheddar cheese
- ½ small tomato, thinly sliced
- ¼ medium avocado, thinly sliced
- ¼ cup alfalfa sprouts (or microgreens)
- ¼ cup thinly sliced English cucumber
- 1 tablespoon thinly sliced red onion
- Pinch of salt (optional)

NUTRITION FACTS

Total servings: 1 | 516 calories
Total carbohydrate 47g, dietary fiber 11g, total sugars 7g, protein 20g,
total fat 29g, saturated fat 8g, cholesterol 30mg, sodium 887mg

DIRECTIONS

STEP 1

Stir ¼ cup hummus, 1 tablespoon dill and 1½ teaspoons honey mustard together in a small bowl until well combined. Spread the hummus mixture on 1 side of each of 2 toast slices. Layer 1 cheese slice, tomato slices, avocado slices, ¼ cup alfalfa sprouts, ¼ cup cucumber and 1 tablespoon red onion over the hummus on 1 toast slice; sprinkle with salt if using. Top with the remaining toast slice, hummus-side down. Cut and serve!

NOTES

We chose to use a microgreen mix rather than alfalfa sprouts due to preference and availability - you can make this sandwich your own by picking your favorite veggies! Remember that it will affect the nutrition facts below if you change the ingredients.



Wisconsin Athletic Club

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