



**Light Choice! Hummus Sub Sandwich & Fresh Mango Slices** ~ choose one side item to complete your meal

**Hummus Sub Sandwich**

4 servings

8	Bakery Italian bread slices
1 ½ cups	Hummus (chickpea spread)
1/2 medium	Sweet onion, chopped
1/2 cup	Grape tomatoes, chopped
6 large	Mushrooms, chopped
1/4 cup	Olives, chopped
1/2 tsp	Black pepper, ground
1 cup	Bagged salad greens



Lay out bakery bread slices on a plate or platter. Toast or leave untoasted and spread with hummus. Mix together all other ingredients except bagged salad greens. Spoon this veggie mixture on top of hummus. Finally, add salad greens to each sandwich. Close the sandwich and cut in half.

**Bakery Italian bread on sale**  
**Hummus on sale**  
**Fresh sweet onions on sale**  
**Fresh grape tomatoes on sale**

**Fresh mushrooms on sale**  
**Fresh bagged salad greens on sale**  
**Fresh jumbo mangoes on sale**

**Hummus Sub Recipe Nutrition per serving**

292 calories; 12 gm protein; 38 gm carbohydrate; 11 gm total fat; 2 gm saturated fat; 0 trans fat; 0 cholesterol; 8 gm fiber; 653 mg sodium

**To Make Fresh Mango Slices:** Remove skin from mango. Cut out the large, flat seed by slicing through the middle of the fruit lengthwise. Cut the mango fruit into slices.

**Side Items:**

**1. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli

To Make: Get out a cutting board and knife and chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

**Note: For a change of flavor, replace onions with the juice of a fresh lemon or lime.**

**2. Lightly Sauteed Greens** – Affordable, staple ingredient: Fresh greens such as spinach, kale, turnip or mustard.

To Make: Get out a cutting board and knife, remove thick stems and chop greens coarsely. If using spinach, then chopping is not necessary. Heat a large skillet with 2 Tbsp oil and then add about 8 cups of greens and stir in hot pan for 2 minutes. Quickly, add 2 cloves of minced or sliced garlic and stir in pan 2-6 minutes longer. When greens wilt, test for tenderness. The heavier greens take longer to become tender. Dust with salt & pepper to taste.

**3. Steamed Fresh Cabbage** – Affordable, staple ingredient: Fresh cabbage, red or green, or a mixture of red and green.

To Make: Wash fresh cabbage in tap water. Get out a cutting board and knife and then cut thin strips of cabbage. Cut into 2 inch length pieces and place in a saucepan. Add 1/4-1/2 cup water and a lid. Cook on medium heat until cabbage is fork-tender. Drain water, drizzle with a tiny bit of olive oil, and dust with salt and/or pepper to taste.