



# Greek Salad Hummus Toast

Craving a simple, uncomplicated summer lunch with seasonal produce? This Mediterranean flavor-inspired toast is light and fresh and will keep you as cool as a cucumber.

Cooking level: **Beginner**

**Contains: milk, sesame**

Servings:  
1

Prep time:  
15 minutes

Total time:  
15 minutes



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## What you'll need

- Small bowl

## Ingredients

- 2 slices of sprouted grain bread (substitute 1 medium-sized cassava flour wrap or 2 rice cakes)
- 4 tbsp. hummus (substitute tahini or small avocado)
- Handful of arugula (substitute another soft-based green, like baby sprouts or mixed greens)
- 1 small cucumber, sliced
- 1 Roma tomato, sliced\*
- ¼ cup sliced Kalamata olives
- 1 tbsp. lemony vinaigrette dressing
- Za'atar seasoning, to taste

\*Leave out the tomato if tomatoes are a trigger food for you.

## Lemony vinaigrette dressing ingredients:

- ¾ cup extra virgin olive oil
- Juice of 1 small lemon
- Pinch of sea salt

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## Cooking steps: Dressing

- 1 In a small bowl, mix together ¾ cup olive oil, lemon juice, and pinch of salt.
- 2 Store in an airtight container or jar for up to 1 week in the refrigerator.

## Cooking steps: Hummus toast

- 1 Toast 2 slices of sprouted grain bread or prepare substituted base.
- 2 Spread 4 tbsp. hummus across both toasted slices.
- 3 Add a handful of arugula on top of toast.
- 4 Layer sliced cucumbers and Roma tomatoes on top of arugula, then finish with ¼ cup sliced Kalamata olives.
- 5 Drizzle 1 tbsp. lemony vinaigrette dressing evenly across both slices.
- 6 Season with za'atar to taste.



## Nutritional info

<b>Greek Salad Hummus Toast (1 serving)</b>	
Calories	<b>437</b>
Total fat	<b>28 g</b>
Saturated fat	<b>7 g</b>
Cholesterol	<b>20 mg</b>
Sodium	<b>618 mg</b>
Carbohydrate	<b>36 g</b>
Fiber	<b>8 g</b>
Sugar	<b>3 g</b>
Protein	<b>16 g</b>