

# Spinach, Artichoke, Roasted Red Pepper Hummus, Feta, Sandwich Thin

Serving Size: 1 sandwich      Makes: 4 servings

## Roasted Red Pepper Hummus Ingredients:

3 ½ oz	Garbanzo Beans, dry
½ tsp	Garlic Cloves, chopped
¼ oz	Sesame Paste (Tahini)
¼ tsp	Salt
1 ½ TBSP	Roasted Red Peppers, canned, drained
1 tsp	Italian Parsley, chopped
1/8 tsp	Black Pepper
1 TBSP	Extra Virgin Olive Oil
1 TBSP	Lemon Juice

## NUTRITION FACTS PER SERVING

calories	300
total fat (g)	11
saturated fat (g)	3
trans fat (g)	0
sodium (mg)	570
total carbohydrate (g)	42
dietary fiber (g)	12
sugar (g)	6
protein (g)	14

## Sandwich Ingredients:

4 each	Whole Wheat Sandwich Thin
4 oz	Artichoke Hearts, canned, quartered
1/3 cup	Feta Cheese, crumbled
2 cup	Baby Spinach



## Preparation:

1. Soak the garbanzo beans in water overnight. In a pot of rapidly boiling water, cook the chickpeas until very tender, drain and chill thoroughly.
2. Place cooked garbanzo beans in a food processor with remaining hummus ingredients and puree until smooth. Chill.
3. Spread ¼ cup roasted red pepper hummus on bottom of sandwich thin. Top with 1 oz artichokes, 1 ½ TBSP feta, and ½ cup spinach. Press down firmly to secure ingredients.



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