



Dose  of Nutrition

# Mediterranean Feta Sandwich

BY HUMA NAZ



1 serving

Total time:  
5 minutes

Vegetarian

## INGREDIENTS

- 12 slices of bread of your choice
- 2 tomato slices
- 1 lettuce leaf or a small handful of any leafy greens of your choice
- A few slices of white or red onion
- 3 slices of cucumber
- 1 tbsp. crumbled feta
- 1 tbsp. hummus
- Optional add ins: 1/2 tsp. combined spices (chili flakes, salt, black pepper) and/or pickled jalapeños

## PROCEDURE

- 01** On 1 piece of bread, spread a layer of hummus, sprinkle over feta and optional add ins, layer on veggies.
- 02** Cover the loaded bread with the other slice of bread. Enjoy!

## RECIPE NOTES

- Store extra in an airtight container in the refrigerator for 3-5 days.