

STARTER & SNACK

Hummus and Vegetable Club

4 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	4	\$0.98	123 kcal

The recipe Hummus and Vegetable Club can be made in roughly 10 minutes. One portion of this dish contains around 5g of protein, 7g of fat, and a total of 134 calories. For 98 cents per serving, this recipe covers 11% of your daily requirements of vitamins and minerals. This recipe serves 4.

Ingredients

- ☐ 8 basil leaves
- ☐ 1 cup shredded carrot
- ☐ 1 small cucumber, sliced
- ☐ ¼ cup thinly sliced radishes (about 3)
- ☐ 0.6 ounce 12 very thin wheat bread
- ☐ 4 Bibb lettuce leaves
- ☐ 4 tablespoons garlic-and-herb cream cheese spread (such as Alouette)
- ☐ ½ cup prepared hummus
- ☐ 2 inch thick) slices tomato

EQUIPMENT Serrated knife

Method

- 1

Spread 2 tablespoons hummus over each of 4 bread slices. Top each with 1/4 cup shredded carrot, radish slices, and 1 lettuce leaf.
- 2

Spread 1 tablespoon cream cheese spread over each of 4 bread slices.
- 3

Place cheese side up over lettuce leaves. Top each with 2 basil leaves, cucumber slices, and 2 slices tomato. Top each with remaining 4 bread slices.

4 Cut sandwiches in half diagonally, using a serrated knife.

Nutrition per serving

123 KCAL	4 g PROTEIN	7 g FAT	12 g CARBS
Saturated Fat			2.8 g · 17% of daily needs
Fibre			3.6 g · 14% of daily needs
Sugar			2.6 g · 3% of daily needs
Sodium			225 mg · 10% of daily needs
Cholesterol			12.5 mg · 4% of daily needs
Vitamin C			5.1 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/hummus-and-vegetable-club-147664