

Mediterranean Veggie Sandwich

This **vegetarian sandwich** comes together in about **15 minutes** and makes a tasty and **plant-based power-packed** lunch. If making the night before, store components individually and then assemble before eating. Rich in **folate, potassium, dietary fiber, protein and vitamins C and K**, this sandwich will please even meat lovers. Serve with tomato soup or fruit for a complete meal.



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- 2 teaspoon olive oil, divided
- 1 each red bell pepper, thinly sliced
- 1 each zucchini, sliced
- 1 each yellow squash, sliced
- 4 slices whole grain bread
- 2 tablespoons hummus
- 4 ounces feta cheese, crumbled
- 1/2 cup baby spinach
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon dried oregano
- salt and pepper, to taste

1. In a small pan, heat 1 teaspoon olive oil over medium heat. Add peppers, zucchini and squash; cook for 5 minutes.
2. While vegetables are cooking, toast bread lightly in toaster. Spread hummus evenly on top of all four bread slices. Drizzle with remaining olive oil, vinegar and oregano.
3. Top hummus with sauteed vegetables, then evenly sprinkle on feta cheese and top with spinach. Place one slice of toast on top of each sandwich.

This post first appeared at [Kleiner Nutrition](#) on May 3, 2017.