



# PROJECT: GET IT DONE TOGETHER

## Grilled Hummus Turkey Sandwiches

*Adult Supervision Required | Nut Free*

### Ingredients:

- 1/2 cup hummus
- 4 slices whole wheat bread
- 4 ounces thinly sliced deli turkey
- 4 slices tomato
- 2 slices pepper jack cheese
- 4 teaspoons butter, softened

### Instructions:

1. Spread hummus on 2 bread slices; top with turkey, tomato, cheese and remaining bread. Spread outsides of sandwiches with butter.
2. In a large skillet, toast sandwiches over medium heat until golden brown and cheese is melted, 2-3 minutes per side.

*Makes 2 servings*

**Total time:** 15 minutes

### Nutrition facts per serving:

458 calories, 23g fat (10g saturated fat), 63mg cholesterol, 1183mg sodium, 36g carbohydrate (3g sugars, 7g fiber), 28g protein.

### Health Tip:

Cut saturated fat in half by omitting the butter and browning the sandwich in nonstick cooking spray instead.

Source: [tasteofhome.com/recipes/grilled-hummus-turkey-sandwich](https://tasteofhome.com/recipes/grilled-hummus-turkey-sandwich)