

Mediterranean Hummus Toast

10 ingredients · 10 minutes · 2 servings



Directions

1. Rub garlic on both pieces of the toasted bread.
2. To assemble, place the bread on plates and top evenly with the hummus, tomatoes, olives, oregano, chili flakes, sumac, sea salt, and dill. Enjoy!

Notes

Leftovers

Best enjoyed right away.

More Flavor

Drizzle olive oil on top.

Gluten-Free

Use gluten-free bread.

More Protein

Add a fried or hard boiled egg.

Additional Toppings

Fresh parsley, basil, feta cheese, goat cheese.

Ingredients

- 2 slices Rye Bread (toasted)
- 1 Garlic (clove, peeled)
- 1/4 cup Hummus
- 1/2 cup Cherry Tomatoes (halved)
- 1/3 cup Pitted Kalamata Olives (halved)
- 1/2 tsp Oregano
- 1/2 tsp Chili Flakes
- 1/2 tsp Ground Sumac
- 1/2 tsp Sea Salt (flaky)
- 2 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	175	Vitamin D	0IU
Fat	9g	Vitamin E	1mg
Carbs	20g	Vitamin K	13µg
Fiber	4g	Thiamine	0.2mg
Sugar	2g	Riboflavin	0.1mg
Protein	5g	Niacin	2mg
Cholesterol	0mg	Vitamin B6	0.1mg
Sodium	1039mg	Folate	50µg
Potassium	247mg	Vitamin B12	0µg
Vitamin A	440IU	Phosphorous	101mg
Vitamin C	6mg	Magnesium	41mg



Calcium	67mg	Zinc	1mg
Iron	3mg	Selenium	10µg

