



# SANDWICH SUSHI

- Serves: 4



## Ingredients:

- 12 slices whole wheat sandwich bread, crusts removed
- 4 tablespoons hummus
- 3 carrots, peeled and cut into  $\frac{1}{4}$ " x  $\frac{1}{4}$ " x 2" sticks
- $\frac{1}{2}$  hothouse cucumber, cut into  $\frac{1}{4}$ " x  $\frac{1}{4}$ " x 2" sticks
- 2" sticks
- 1 bell pepper,  $\frac{1}{4}$ " x  $\frac{1}{4}$ " x 2" sticks
- $\frac{1}{2}$  cup alfalfa sprouts

## Directions

Place crustless bread on a large cutting board. Using a rolling pin, flatten the bread so it spreads slightly and is as flat as possible. Spread each slice with a very thin layer of hummus, about 1 teaspoon's worth per slice. Lay a piece of carrot, cucumber and bell pepper lengthwise on each piece of bread, staggering and stacking them slightly so they take up as little space as possible. Top with a few alfalfa sprouts and then roll tightly into a spiral towards the opposite side. Press on the seam to ensure that the bread sticks together. Repeat with remaining slices of bread. Slice into 4 "sushi rolls" and serve.

**NOTE:** This recipe can be altered to suit your taste buds. Try adding slices of avocado or thinly sliced chicken breasts strips for a heartier meal. You could even use low-fat peanut butter and all-fruit preserves to make PB&J sushi.