



Healthy Dad Recipes

SAILBOAT SANDWICHES

Yield: 6 servings

Ingredients:

6 slices	wholegrain bread with crusts removed
125 g	hummus
1	small carrot grated
3 slices	Swiss cheese
1	red pepper, seeded and sliced for mast
½	cucumber halved and sliced thinly



Instructions:

- Place 3 slices of bread on a clean surface. Spread each piece with a little hummus.
- Divide the grated carrot on top each slice.
- Place the last 3 slices on the carrot.
- Spread the top of the sandwich with remaining hummus and then top with cheese slices.
- Cut the sandwich diagonally to make two triangles.
- Place the red pepper mast up the centre of each triangle and place the cucumber waves along the long side of each triangle.

Nutritional Facts:

1 serving: 138 calories, 5 g fat (2.5 g saturated), 16 g carbohydrate, 6.5 g protein

Recipe courtesy of taste.com.au