

## Power Fueled Sandwich



### Ingredients:

- 2 slices whole wheat bread
- 1 egg, cooked to your choice
- 1/4 cup spinach leaves, raw
- 1/2 avocado, sliced
- 1 ounce low-fat cheese, sliced
- 2 tablespoons roasted red pepper hummus, or flavor of choice
- Salt and pepper to taste

### Directions:

1. Lightly toast bread (optional)
2. Spread 1 tablespoon of hummus on each slice of bread.
3. Layer sandwich with spinach, egg, cheese, and avocado.
4. Add salt and pepper to taste.
5. Enjoy immediately or refrigerate.

Makes 1 servings.



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