





## INGREDIENTS

- 12 Slices Bread (at least 28 grams each; enriched or whole grain rich)
- 3 Cups Hummus\* (divided)
- 1 Cup Chopped Spinach
- 3 Cups Cherry Tomatoes (diced)
- 3 Cups Cucumber (diced)
- ¾ Cup Fresh Parsley (chopped)
- 2 Cups Green Onions (chopped)
- 6 Tablespoons Olive Oil
- 6 Tablespoons Lemon Juice
- ¼ Cup Za'atar
- ¾ Cup Feta Cheese (crumbled)

## DIRECTIONS

1. In a small bowl combine the diced tomato, cucumber, parsley and green onion. Stir to combine. Add the olive oil and the lemon juice and stir to combine. Set aside.
2. Toast the bread in a toaster to your liking.
3. Divide the hummus evenly across each slice of bread.
4. Top the hummus evenly with the greens.
5. Divide the the tomato salad evenly across each piece of toast followed by a sprinkling of feta cheese and the za'atar.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

 Breakfast

## YIELD

12 Toasts

## PORTION SIZES

**Toddler:** ½ Toast  
**Preschool:** 1 Toast  
**School Age:** 1 Toast  
**Adult:** 2 Toasts

\*does not credit towards the meal pattern requirements in this recipe.