

## Greek Sandwich/Wrap



- 2 pieces millet bread or toast [Food for Life] -or-
- 1 brown rice tortilla [Food for Life]
- 2 slices of turkey breast [optional]
- 2 tbsp hummus
- 1 handful of spinach or arugula
- ½ carrot, cut in small strips
- ¼ cucumber, chopped
- 3 pepperoncini, chopped
- 1 slice red onion
- 5-6 kalamata olives, chopped

1. Chop vegetables.
2. Spread hummus on bread/tortilla
3. Layer with remaining ingredients

Yield: 1 serving

From: The Ditzell House