

Hummus with  
Mediterranean  
Salad: Quick to  
Make (10 minutes or  
less) and Will Keep  
You Full for Hours!



Simple and quick

meal to  
prep for  
lunch



Get classic hummus  
and spread it in a  
plastic container.



Make a quick  
Mediterranean salad.  
Recipe follows.



Recipe:

2 cucumbers (not peeled) diced

1 large tomato diced

5 pitted Kalamata olives (pitted)

Italian parsley (small bunch) finely  
diced

2 tablespoons of olive oil

1 lemon or lime squeezed

1 teaspoon of paprika

salt and pepper to taste



Spread the salad  
over the hummus.  
Eating this will  
keep you full for  
**HOURS!**

