



Serve Sensational Sandwiches



Give your chicken salad sandwich a healthful switch: Use hummus instead of mayonnaise.

(NAPSA)—You can give your lunch a smart sandwich with a healthful difference when you use hummus instead of mayonnaise.

That's because chickpeas, the main ingredient of hummus, are a great source of soluble fiber, which is believed to help lower cholesterol.

Chickpeas have a buttery texture and a mildly nutty flavor and are highly versatile.

To help, Sabra Chef Colombe Jacobsen, a graduate of the Natural Gourmet Institute, came up with this recipe for a chicken salad sandwich that's a tasty way to wow family and friends:

Hummus Chicken Salad

- 1 cup grilled chicken breast, cubed
- 1 tablespoon finely diced scallions
- 2 tablespoons diced celery
- 2 tablespoons diced red pepper
- 1 tablespoon water

$\frac{1}{2}$ cup Sabra Hummus
Salt and pepper to taste

Combine all ingredients and stir well. Serve in a bowl of radicchio as a salad, on a sandwich, in a wrap, or as an appetizer with veggies, chips or pita.

Yields 2 servings.

For health's sake, Chef Jacobsen advocates a Mediterranean diet. It generally consists of healthful oils—such as extra virgin olive oil—fresh seasonal vegetables, fresh fish and lean proteins, beans, including the chickpeas used in Sabra hummus, and whole grains as well as fresh herbs. There's not much red meat and no heavy sauces or unnecessary loads of butter, just the right amount of seasoning to bring out the naturally delicious fresh food.

Learn More

You can find many wholesome and wholly delicious recipes online at www.Sabra.com.