

RECIPE | TOMATOES



# MEDITERRANEAN HUMMUS TOAST



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# MEDITERRANEAN HUMMUS TOAST



## INGREDIENTS

- 2 Pure Flavor® Tomatoes On-The-Vine, diced
- 1 Pure Flavor® Long English Cucumber, diced
- 3 green onions, chopped
- 3 **tbsp** arugula, chopped
- 2 **tbsp** fresh parsley, chopped
- 1 **tbsp** lemon juice
- 1 **tbsp** extra virgin olive oil
- 2 slices whole grain bread, toasted
- ½ cup hummus
- 2 **tbsp** za'atar seasoning
- 2 **tbsp** feta cheese, crumbled

## DIRECTIONS

- 1 In a small bowl, combine tomatoes, cucumber, parsley, green onions, olive oil and lemon juice. Stir to combine and set aside.
- 2 Spread hummus evenly on toast. Add arugula, tomato mixture, feta cheese, and za'atar. Enjoy!



**10 min**

10 min | N/A  
PREP. | COOKING



**2**



**easy**