



RECIPE | TOMATOES

MEDITERRANEAN HUMMUS TOAST



10 min
PREP.



2



easy

10 min

N/A
COOKING



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!