



*Healed: My Journey*  
**New Book**  
BY LINDA RALEIGH LANE  
Available on [www.amazon.com](http://www.amazon.com)  
Get Your Copy Today! [www.lindaraleighlane.com](http://www.lindaraleighlane.com)

PaidAdvertisement



## Hummus Toast with Sun-dried Tomatoes and Parmesan

Servings: 1

- 1 slice whole-grain bread
- 1/4 cup fresh arugula
- 2-3 sun-dried tomatoes
- 2 tablespoons Sabra Classic Hummus
- olive oil
- 2 tablespoons pine nuts
- fresh Parmesan curls
- salt, to taste
- pepper, to taste

Toast bread; set aside. Wash and pat dry arugula; set aside.

Remove sun-dried tomatoes from jar and lightly pat with paper towel to remove excess oil.

Spread toast with hummus.

Lightly toss arugula with drizzle of olive oil; layer on top of hummus. Top with sun-dried tomatoes. Sprinkle with pine nuts and add Parmesan curls. Add salt and pepper, to taste.

Source: Sabra

<https://sabra.com/>

© 2019 All rights reserved