

# RECIPE

## Holiday Veggie Platter With Hummus

### Ingredients:

- 2 red peppers, sliced
- 1 cucumber, peeled and sliced
- 3 cups broccoli florets
- 3 cups sugar snap peas
- 1 pint grape tomatoes
- 1 ¼ cup packaged, roasted red pepper hummus

### Directions:

1. Arrange vegetables on a large, round platter. Alternate red vegetables with green vegetables in a circle on platter.
2. Place hummus in a small bowl in center of platter.



### Nutrition Facts

*Serving Size: about 1 cup veggies + 2 tablespoons hummus*

Calories: 105; Carbohydrates: 11 g; Protein: 4 g; Fat 5.0 g; Saturated Fat: 1.0 g; Sugar: 4 g;  
Dietary Fiber: 4 g; Cholesterol: 0 mg; Sodium: 140 mg; Potassium: 325 mg