

Side | Snack

Veggie and Hummus Tray

Side Effect: Constipation

10 Mins
Prep Time

0 Mins
Cook Time

4-6
Servings

 **159** Calories **10g** Fat **12g** Carbs **5g** Protein



Ingredients

 **4-6 Servings**  **10 Mins Total Time**  **Allergens: None**

½ Cup Radishes, **washed** and halved 

½ Cup Celery, **washed** and sliced into sticks 

½ Cup Cherry Tomatoes, **washed** and halved 

½ Cup Bell Peppers, **washed** and sliced into sticks 

½ Cup Cucumber, **washed** and sliced into sticks 

1 Cup Hummus 

Nourishment Note



Hummus

The main component in hummus is beans. Beans are an excellent form of low-fat protein with a high amount of important fiber.



Vegetables

Raw vegetables and vegetable skins contain high amounts of insoluble fiber to help relieve constipation. Vegetables are also great sources of a variety of vitamins, minerals, and antioxidants.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Arrange Vegetables

Arrange prepared vegetables onto a tray. Spoon hummus into a bowl.

3. Enjoy Vegetables

Enjoy vegetables dunked into the hummus dip.

4. Refrigerate

Refrigerate vegetables and hummus within two hours. Leftovers will keep in a covered container for up to 3 days. Separate cucumbers and tomatoes from other vegetables to prevent them from becoming soggy.

5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Knife



Tray



Bowl



Spoon

Fatigue Buster

- Look for pre-cut or pre-prepared vegetables to help reduce preparation time. Use whatever vegetables are in-season or you most enjoy.
- Use store-bought hummus to reduce preparation time.
- Enlist in the help of a trusted friend or family member to help prepare this dish.