Hummus Melts

Cheap, Fast, and Healthy – December 2014

Ingredients:
- One whole-wheat English muffin
- 1 tablespoon garlic hummus
- ¼ cup mozzarella cheese
- Approximately 1 oz. baby spinach
- ½ teaspoon olive oil
- Pepper to taste

Directions:
1. Toast the English muffin.
2. Sauté the spinach with olive oil and pepper until spinach is wilted.
3. Spread hummus on to toasted English muffin.
4. Top the hummus with sautéed spinach.
5. Sprinkle cheese on top of spinach and broil for 2 minutes or until cheese is melted and brown.

Notes: