

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 and all cooking surfaces with soap and warm water before beginning.

### 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.

### 4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## 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.