Simple Rainbow Hummus Salad

Salads are a great way to get in a variety of nutrients. A fun way to do that is by matching salad toppings to the rainbow! Try this salad with soup for lunch or as a side with dinner.

Makes 1 serving

1 ½ to 2 cups chopped leaf lettuce

¼ to ½ cup halved grape tomatoes

¼ to ½ cup chopped cucumber

2 Tablespoons to ¼ cup shredded carrot

2 Tablespoons to ¼ cup chopped yellow pepper

2 Tablespoons to ¼ cup diced green onions

2 Tablespoons to ¼ cup chopped red cabbage

¼ to 1/3 cup hummus

Balsamic vinegar

Arrange the lettuce in a large bowl and top with vegetables. Top with hummus and drizzle with vinegar.