



Pita Pockets with Hummus

INGREDIENTS

- ¼ cup cucumbers, diced
- ¼ cup tomatoes, diced
- ¼ cup red onion, diced
- ¼ cup black olives, sliced
- ¼ cup crumbled feta
- ½ teaspoon olive oil
- ½ teaspoon lemon juice
- ½ cup hummus (approximately)
- 1—6-inch 100% whole wheat pita pocket, cut in half and gently opened.*

DIRECTIONS

1. In a small bowl, toss vegetables and cheese with oil and lemon juice.
2. Spread hummus evenly in pita halves.
3. Fill halves with vegetable mixture.

Servings: 1

ADAPTED FROM <https://www.myrecipes.com/recipe/hummus-in-pita?>

*We have found that Arnold 100% whole-wheat pita pockets work the best. Other brands are quite fragile and tear easily.