

# Hummus and Veggie Pita Pockets

This vegetarian dish is easy to make and is packed with nutritious and colorful veggies.

Serves 4

## Ingredients

- 2 6 inch whole wheat pita pockets
- ½ cup hummus (store bought)
- 1 medium cucumber, peeled
- 1 medium avocado
- 1 red bell pepper, sliced into strips
- ¼ cup red onion, sliced thin
- ¼ cup chili peppers, sliced
- 2 romaine lettuce leaves
- Salt and pepper to taste



<http://www.foodnetwork.com/recipes/food-network-kitchens/veggie-stack-pita-pockets-recipe.html>

## Directions:

1. Slice pita pockets into half moons and warm up on griddle or toaster oven.
2. Slice cucumber into ½ inch rounds and cut lettuce in half to make 4 pieces.
3. Spread hummus inside each pita pocket and layer sliced avocado, cucumber, bell pepper, onions, lettuce and chilli peppers.
4. Season lightly with salt and pepper.

Nutrition Facts	
Serving Size 1/2 pita pocket	
Amount Per Serving	
<b>Calories</b> 290	Calories from Fat 126
% Daily Values*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 2.6g	<b>13%</b>
Trans Fat 0g	
<b>Sodium</b> 286mg	<b>12%</b>
<b>Total Carbohydrate</b> 33g	<b>11%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 4g	
<b>Protein</b> 7g	<b>14%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	

Tip: Enjoy with a low-fat string cheese for an extra 8 g of protein and only 60 calories!