

Hummus and Veggie Pita Sandwich

@SFSTATECARES

PREP TIME: 10 MIN | COOK TIME: 5 MIN | SERVINGS: 1-2

INGREDIENTS:

- 1 pita bread pocket
- 3 Tbsp hummus
- 6 -8 slices cucumber
- 2-3 slices tomato
- 2 Tbsp black olives, cut in half
- 1 avocado

PREPARATION:

1. Cut the pita* in half.
2. Liberally spread hummus inside both sides of the pita.
3. Add in cucumber, tomato, olives, and avocado.
4. Enjoy!

**Optional step: Before adding in ingredients, place pita bread in the microwave for 10 seconds to warm.*

CHEF'S NOTES:

Make it your own! Add in leafy greens (such as spinach, sprouts, lettuce), any protein you enjoy (such as lentils, chicken, tuna), other veggies (like bell peppers, carrots, onions), or additional sauces (like tahini, tzatziki, labneh) for extra flavor and fiber.



RECIPE FROM EATFRESH.ORG