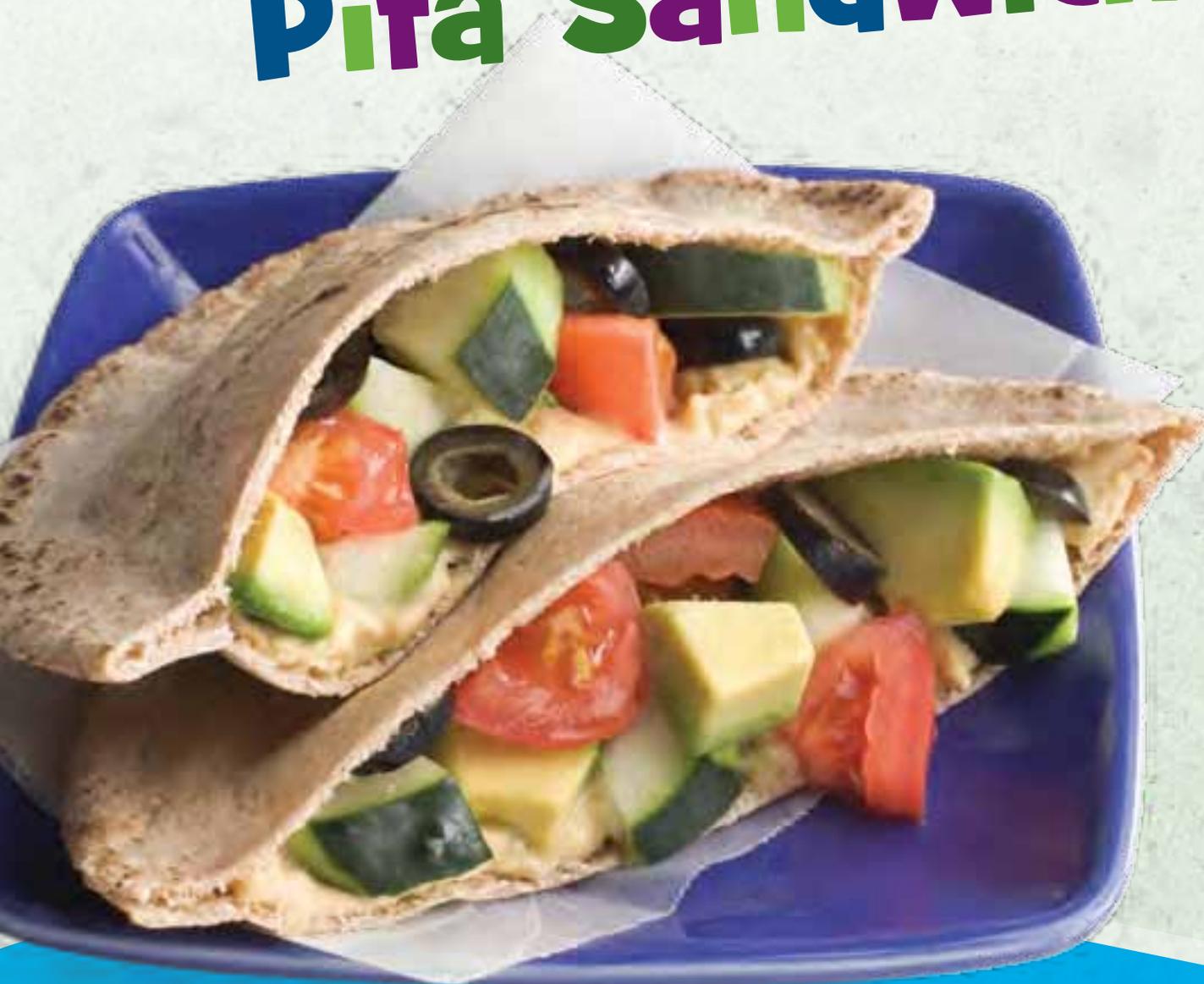


HUMMUS & VEGGIE Pita Sandwich



Servings: **2**

Serving Size: $\frac{1}{2}$ pita pocket

Prep Time: **5** minutes

What You Need

- $\frac{1}{4}$ cup hummus
- 1 avocado, peeled, seeded, and chopped
- $\frac{1}{2}$ cucumber, peeled and chopped
- 1 small tomato, chopped
- 2 tablespoons canned, sliced black olives
- 1 whole wheat pita bread

Tip

Cut avocado in half through the stem end. Use a spoon to scoop out seed. Then slip spoon close to the skin and scoop out the soft avocado.

Get Cookin'

- 1.** Cut pita bread in half, making two half circles.
- 2.** Open one pita pocket half and spread 2 tablespoons of hummus inside.
- 3.** Put avocado, cucumber, tomato, and olives inside pita pocket.
- 4.** Repeat with the other pita pocket half. Enjoy with a friend!