



Hummus & Cucumber Pita

Makes 8 servings

Ingredients

- 1 quart of hummus
- 8 6-inch pitas
- 1 red onion, sliced into rings
- 1 cucumber, sliced
- 1 green bell pepper, cut into strips
- 2 tomatoes, sliced
- 8 leaves Romaine lettuce



Instructions

Open each pita half carefully to form a pocket. In each pocket, place 1 scoop of hummus, 2 onion rings, 4 slices of cucumber, 4 strips of green pepper, 1 slice tomato and 1/4 ounce lettuce.

Nutrition Facts

Serving Size: 2 each; Calories 260; Total Fat 3.5 g; Saturated Fat 0 g; Cholesterol 0 mg; Sodium 500 mg; Total Carbohydrates 51 g; Dietary Fiber 8 g; Protein 10 g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina