



Pita Pockets with Hummus and Veggies

MyPlate2Yours - Lynn Dugan

Ingredients

1 cup pre-made hummus or homemade hummus
4 whole wheat pita pockets, split in half
1 cup shredded carrots
1 cucumber, peeled in stripes and sliced thin
1/2 cup feta cheese, crumbled

*Homemade Hummus:

1 (15 ounce) can chickpeas, drained
2 tablespoons fresh lemon juice
1/4 cup olive oil
1 clove garlic, minced
Dash of smoked paprika

Directions

Spread hummus on inside of each pita pocket. Fill pocket with shredded carrots and cucumber slices. Add crumbled feta cheese. Enjoy!!