



Hummus with Lettuce, Tomato and Cucumber

- 8 tbsp. Hummus (any flavor)
- 2 Romaine lettuce leaves (any dark leafy green lettuce is tasty, try baby spinach)
- 4 slices Tomato
- 8 Cucumber slices
- 1 large Whole wheat pita, sliced in half

Makes 2 sandwiches

- Slice pita in half and open.
- Spread 4 tablespoons hummus in each pita half. Layer 2 lettuce leaves, 2 slices tomato and 4 cucumber slices in each pita.

Enjoy!

Nutritional Information:

Calories :129	Total fat: 6.27g
Saturated fat: 0.86g	Carbohydrates: 34.87g
Dietary Fiber: 6.90g	Protein: 9.24g