



# Hummus and Veggie Pita Sandwich

Recipe From EatFresh.org



## Ingredients



- 1/4 cup hummus
- 1 avocado, peeled, seeded, and chopped
- 1/2 cucumber, peeled and chopped
- 1 small tomato, chopped
- 2 Tbsp canned, sliced, black olives
- 1 whole wheat pita bread

Yield: 2 servings  
Serving Size: 1 sandwich



## Directions



1. Cut pita bread in half, making two half circles.
2. Open one pita pocket half and spread 2 Tbsp of hummus inside.
3. Put avocado, cucumber, tomato, and olives inside pita pocket.
4. Repeat with the other pita pocket half.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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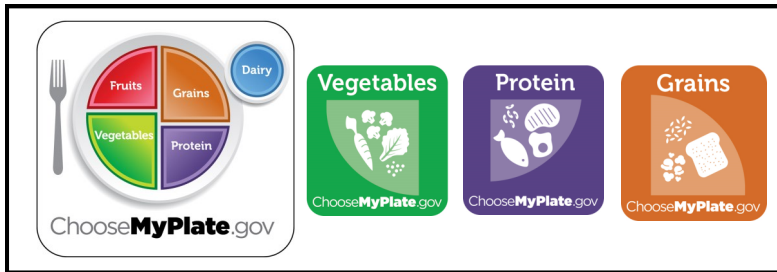
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try different vegetables in your sandwich!
- To cut an avocado: cut in half through the stem end. Use a spoon to scoop out the seed/pit. Then slip a spoon close to the skin and scoop out the soft avocado.

## Nutrition Facts

2 servings per container

**Serving size** 1 sandwich

**Amount Per Serving**

**Calories** 250

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 300mg 13%

**Total Carbohydrate** 24g 9%

Dietary Fiber 6g 21%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 7g 14%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1.8mg 10%

Potassium 0mg 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

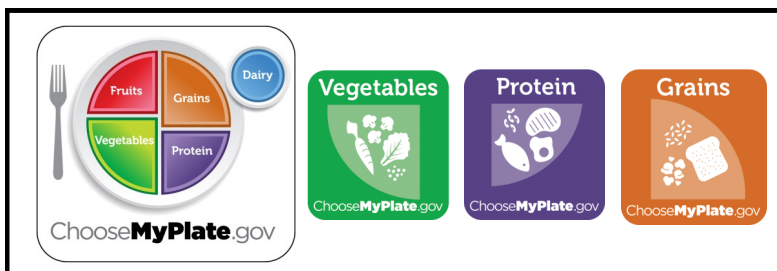
Second Harvest is an equal opportunity provider.



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