

Pita with Hummus, Cucumber, Tomatoes and Tzatziki

Prep Time

5 mins

Total Time

15 mins

Servings

2

Cooking Tools

Cutting board

Sharp knife

Spoon

Measuring spoons

Measuring cups



Ingredients

2 whole wheat pita pockets

3 tbsp classic hummus (recipe on pg. 34, or store-bought)

3 tbsp tzatziki sauce (recipe on pg. 35, or store-bought)

1/2 cucumber, sliced

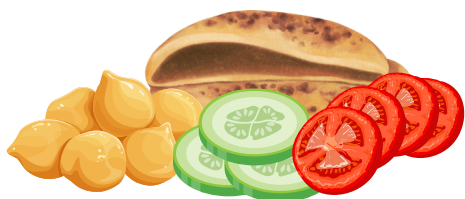
1/2 cup cherry tomatoes, halved

Instructions

1. Lay out each pita bread flat.
2. Spread 1 1/2 tbsp of hummus on each pita.
3. Top the hummus with 1 1/2 tbsp of tzatziki sauce on each pita.
4. Place cucumber and tomato slices on top of hummus and tzatziki sauce.
5. Fold Pita in half and enjoy!

Food Fact

Tomatoes are actually considered a fruit! They are so versatile and come in many sizes and colors (my personal favorite is the cherry tomato....chef's kiss!). They can be eaten raw or cooked in soups and sauces. Tomatoes contain many nutrients such as vitamin A, which is good for our eyes, immune system, and cells.



Scan the QR code to cook along with Shayla!



Food fact from: www.eatfresh.org/discover-foods/tomatoes