



## **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