

HUMMUS & VEGGIE PITA SANDWHICH

Ingredients

- 1/4 cup Hummus
- 1 Avocado peeled, seeded, and chopped
- 1/2 Cucumber peeled and chopped
- 1 Tomatoes chopped
- 2 tablespoons Black Olives canned and sliced
- 1 Pita Bread whole-wheat

Directions

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

Source: [Eatfresh.org](https://www.eatfresh.org)

