

# Rainbow in my Pocket Pita



1 servings

Prep Time: 10 min Cook Time: 0 min

1/2 whole grain pita pocket

1 T. hummus

1 T. mashed avocado

sea salt & freshly ground black pepper

1/4 c. lightly smashed chickpeas

1/2 c. mixed greens

1/3 c. shredded carrots

2 slices cucumber

1 radish, thinly sliced

2 T. blueberries

Spread hummus on one half of the inside of the pocket bread; spread the mashed avocado on the other half. Sprinkle the avocado with sea salt & black pepper. Stuff the remaining ingredients into the pita pocket.

## Nutrition Facts per serving

Calories 163 , Protein 5 g, Carbohydrate 29 g, Total Fat 4 g, Saturated Fat 1 g, Fiber 5 g, Sugar 6 g, Sodium 526 mg



This recipe is provided by *Eat Well*, a healthy restaurant initiative supported by PartnerSHIP 4 Health in Otter Tail County. This recipe meets national nutrition standards for healthy eating.