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.