

Lunch Box Pocket Pita Points

Makes 4 servings

Ingredients:

- 1 6½-inch whole wheat pita
- 1 teaspoon hummus
- 1 tablespoon shredded romaine lettuce
- 1 teaspoon diced tomatoes
- 1 teaspoon shredded cheddar



Directions:

1. Cut pita in half.
2. Spread the hummus on the inside of each pita half.
2. Add lettuce and diced tomatoes.
3. Top with shredded cheddar.
4. Cut each half in half.
5. Chill or eat, if ready!

Nutrition Facts: 1 serving (1/4 of pita) provides 60 calories, 1.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 135mg sodium, 10g total carbohydrate, 2g dietary fiber, 0g sugar, 3g protein, Vitamin C 6%



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