

Pita Sandwiches

Entrée/Diabetes-Friendly



THE OHIO STATE
UNIVERSITY
WEXNER MEDICAL CENTER

Serves: 1

Items Needed: fork, spoon, chef's knife, cutting board

Ingredients:

- 1/2 pita, whole wheat
- 3 tbsp Hummus
- 1/2 cup Lettuce greens
- 1/4 cup Tomatoes, sliced
- 1/4 cup Red onion, sliced
- 1/4 cup Cucumbers
- 1 tbsp Kalamata olives
- 2 tbsp Marinated Vegetables, Pepperoncini, Peppers, etc.
- 1 tbsp Feta cheese
- 2 tbsp Tzatziki Sauce

Directions:

1. Cut pita in half to create two sandwich pockets
2. In a medium bowl mix greens, tomatoes, red onion, cucumbers and olives
3. In pocket spread hummus inside one half of pita
4. Fill pita with mixed vegetables
5. Drizzle tzatziki over th top of the greens
6. Sprinkle feta cheese over top of filling

Nutrition Facts	
servings per container	
Serving size	(309g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 740mg	32%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 341mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	