



Dose  of Nutrition

Mediterranean Pita Pockets

BY HUMA NAZ



About 4



Total time:
10 mins.



Vegetarian

INGREDIENTS

- 2 small pitas cut in half to create pita pockets
- 1/2 cup of pre-cooked chicken, chopped and/or canned chickpeas
- 1/4 cup carrots, shredded
- 1/4 cup tomatoes, chopped
- 1 Persian cucumber, sliced
- 1 medium pickled jalapeno, chopped
- 1/3 red onion, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup hummus
- 2 tbsp. Greek yogurt
- Dash of hot sauce of choice, optional
- 1/4 cup feta cheese, optional
- Juice of 1/2 lime

PROCEDURE

- 01** Combine veggies, cilantro, hummus, pickled jalapeños, yogurt, hot sauce, lime juice, chicken and/or chickpeas in a medium bowl.
- 02** Stuff each pita pocket half with the Mediterranean salad mix and sprinkle over cheese if you'd like.

RECIPE NOTES

- These pita pockets can be enjoyed cold or toasted!
- You can feel free to adjust the hummus, Greek yogurt, and hot sauce portions per preference

