



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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Serving McLean, Livingston, & Woodford Counties

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# Veggie Hummus Pita Pocket



2 Tablespoons hummus  
1 whole wheat pita pocket  
1/4 cup fresh spinach or salad greens  
1 Tablespoon chopped red onion  
2 Tablespoons shredded carrots

2 Tablespoons thinly sliced cucumber  
2 Tablespoons jar roasted red peppers,  
drained  
1 Tablespoon balsamic vinaigrette  
1 Tablespoon crumbled feta cheese

Instructions: Spread hummus inside the pita pocket. Layer with spinach or salad greens, red onion, carrots, cucumber, and roasted red peppers. Drizzle with balsamic vinaigrette and top with feta cheese.

*Yield: 1 serving*

**Nutrition Facts** (per serving): 240 calories, 7 grams fat, 630 milligrams sodium, 38 grams carbohydrate, 1 gram fiber, 11 grams protein