

Veggie Salad in a Pocket

Ingredients:

- 1 cup chopped yellow summer squash
- ¾ cup chopped broccoli
- 2 plum tomatoes, seeded and chopped
- 2 tbsp. kalamata olives, chopped
- 2 tbsp. snipped flat-leaf parsley
- ¼ cup bottled fat free Italian salad dressing
- ¾ cup cannellini beans, drained and rinsed
- 1 ½ spicy brown mustard
- 2 (6 inch) whole wheat pita bread rounds



Nutrition Facts

Serving Size 1/2 pita pocket (329g)
Servings Per Container 4

Amount Per Serving

Calories 230 **Calories from Fat 25**

% Daily Value*

Total Fat 2.5g **4%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 410mg **17%**

Total Carbohydrate 43g **14%**

 Dietary Fiber 9g **36%**

 Sugars 5g

Protein 11g

Vitamin A 15% • Vitamin C 60%

Calcium 8% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. In medium bowl, combine squash, broccoli, tomatoes, olives and parsley.
2. Toss with 1 tablespoon salad dressing. Cover and chill for 24 hours.
3. For hummus: In a food processor, combine cannellini beans, the remaining tablespoon salad dressing and mustard. Cover and process until smooth and spreadable.
4. Cut pita bread rounds in half crosswise; open pita halves to make pockets. Spread hummus inside each pita pocket. Spoon chilled vegetable mixture into pita pockets.