

Hummus Pita Sandwiches

Ingredients:

- 1 can garbanzo beans, 15 oz., drained and rinsed
- 1 tbsp. tahini sauce
- 3 tbsp. soy yogurt
- 2 tbsp. lemon Juice, fresh
- 1 ½ tbsp. olive oil
- 1 tsp. sesame oil
- 1 tbsp. soy sauce, light
- ¼ tsp. salt
- ¼ tsp. cumin
- 1 scallion; sliced
- ½ tsp. garlic, minced
- 2 tomatoes, fresh, medium
- 8 pieces romaine lettuce, whole leaves
- 2 pita bread, whole wheat



Nutrition Facts			
Serving Size 1/2 a pita (195g)			
Servings Per Container 6			
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Amount Per Serving			
Calories 260	Calories from Fat 70		
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% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 330mg			14%
Total Carbohydrate 38g			13%
Dietary Fiber 8g			32%
Sugars 6g			
Protein 10g			
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Vitamin A 8%		Vitamin C 20%	
Calcium 6%		Iron 30%	
*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 food processor or blender combine garbanzo beans and tahini sauce; pulse process until smooth.
2. Add remaining ingredients and process until completely smooth.
3. Serve in halves of Pita Pocket Bread. First line the pocket with hummus spread and then add sliced tomato and lettuce.