

Pita Sandwiches

Lunch/Dinner

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

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

Serves: 4

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 Information (per pita):

Calories: 290 Fat: 12 g Carbs: 38 g Protein: 12 g Fiber: 2 g Sodium: 740 mg

<https://wexnermedical.osu.edu/nutrition-services>

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