



# Herb Pizza

4 Servings • 1 Serving = ½ Pita Bread + 1 Tbs Hummus Mixture

## INGREDIENTS

- 4 Tablespoons plain hummus
- 2 Tablespoons dried or fresh oregano
- 2 Tablespoons dried or fresh basil
- 1 Tablespoon lemon juice
- ½ tsp salt
- ¼ tsp pepper
- 2 whole wheat pita breads
- 1 cucumber, diced
- 1 cup cherry tomatoes, diced
- Handful of parsley, chopped

## DIRECTIONS

1. Combine hummus, oregano, basil, lemon juice, salt, and pepper in a bowl. Mix well.
2. Spread hummus mixture onto pita breads.
3. Add cucumber and cherry tomatoes onto each pita bread.
4. Garnish with a sprinkle of parsley.

## Nutrition Facts

4 servings per container  
**Serving size** 1/2 Pita Bread + 1  
Tbs Hummus  
Mixture (141g)

Amount per serving  
**Calories** **130**  
% Daily Value\*

**Total Fat** 3.5g 4%  
Saturated Fat 0g 0%  
Trans Fat 0g

**Cholesterol** 0mg 0%  
**Sodium** 480mg 21%

**Total Carbohydrate** 21g 8%  
Dietary Fiber 3g 11%

Total Sugars 2g  
Includes 0g Added Sugars 0%

**Protein** 6g  
Vitamin D 0mcg 0%  
Calcium 118mg 10%  
Iron 4mg 20%  
Potassium 287mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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