



Grab & Go Veggie Pita

Servings

4

Calories

190

Prep Time

5 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

2 cups Mann's Broccoli Cole Slaw®

½ cup hummus, purchased or homemade

4 teaspoons jalapenos, fresh and finely chopped

2 - 6" pita breads, round

1 large tomato, sliced



The Method

In a medium bowl, mix together Mann's Broccoli Cole Slaw, hummus and jalapeno peppers. Using kitchen scissors or sharp knife, cut pita breads in half. Fill each pita half with 1-2 tomato slices and ½ cup of the broccoli slaw-hummus mixture.

Nutrition Facts

Serving Size: 232g | Servings: 4

Amount Per Serving

Calories 190 | Calories from Fat 45 | Total Fat 5g (sat 1g trans 0g) | Cholesterol 0mg | Sodium 330mg | Total Carbohydrate 32g | Dietary Fiber 9g | Sugars 4g | Protein 10g | Vitamin A 60% | Vitamin C 160% | Iron 15% | Calcium 8%