

Mediterranean Vegetable, Hummus, Whole Wheat Pita

Serving Size: 1 sandwich Makes: 6 servings

For the Hummus:

3-¼ oz	Garbanzo Beans, dry
½ tsp	Garlic Cloves, chopped
½ oz	Tahini
1 tsp	Cilantro, chopped
¼ tsp	Salt
1/8 tsp	Cayenne Pepper
1 TBSP	Extra Virgin Olive Oil
1 TBSP	Lemon Juice

For the Vegetables:

6 slices	Eggplant, ½" slices
6 slices	Zucchini, ½" biased slices
6 each	Portobello Mushroom
¼ cup	Olive Oil
¼ tsp	Salt
½ tsp	Black Pepper
2 TBSP	Balsamic Vinegar Glaze

To Assemble:

6 each	6" Whole Wheat Pita Pocket
6 oz	Arugula
12 slices	Tomatoes, ¼" slice
6 TBSP	Basil, chiffonade

Preparation:

- 1. For the hummus:** Soak beans in water overnight. In a pot of rapidly boiling water, cook the beans until very tender; drain in a colander. Place beans in a food processor with the remaining hummus ingredients and puree until smooth. Refrigerate.
- 2. For the vegetables:** Stem and clean mushrooms. Toss with olive oil, salt and pepper.
3. Grill vegetables over medium heat until tender. Return to a clean sheet pan and cool. Drizzle vegetables with balsamic glaze.
- 4. To assemble:** Cut pita pockets open. Inside each pita, spread 2 TBSP hummus, then layer with 1 oz arugula, 1 slice eggplant, 2 slices tomato, 1 slice zucchini, 1 slice mushroom, and 1 TBSP basil.

NUTRITION FACTS PER SERVING

calories	360
total fat (g)	15
saturated fat (g)	1.5
trans fat (g)	0
sodium (mg)	420
total carbohydrate (g)	50
dietary fiber (g)	8
sugar (g)	7
protein (g)	11

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