



MEDITERRANEAN STUFFED PITA

INGREDIENTS:

For the hummus:

- 1 - 15.5 ounce can no salt chickpeas, strained (liquid reserved)
- 1 clove garlic, peeled and smashed
- 1/4 cup olive oil
- Juice of half a lemon (reserve zest for vinaigrette)
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/4 teaspoon paprika
- 1/2 teaspoon kosher salt

For the tzatziki:

- 1 small cucumber, peeled, de-seeded, and grated or chopped
- 5 ounces low fat Greek yogurt
- Juice of half a lemon (reserve zest for vinaigrette)
- 1 teaspoon dried dill
- 1/4 teaspoon black pepper
- 1 garlic clove, finely minced

INSTRUCTIONS:

For the vinaigrette:

1. Combine all ingredients in a small bowl or jar and whisk or shake to combine.
2. Reserve 2 Tablespoons of vinaigrette to toss with roasted vegetables. Dress the Greek salad with the remaining.

For the vegetable mixture:

1. Preheat oven to 425 and place sheet pan in the oven to heat.
2. Place prepared vegetables in a bowl and pour coat lightly with olive oil.
3. Carefully remove the hot sheet pan and evenly spread out vegetables. Roast for 15-20 minutes, stirring once, until caramelized and fork tender.
4. Use reserved 1 to 2 Tablespoons of vinaigrette and toss vegetables to coat. Let cool and set aside.

For the hummus:

1. Place all ingredients in a food processor (or in a container with high sides if using an immersion blender) and puree until smooth and creamy.
2. Add 1 tablespoon of the reserved liquid at a time, as necessary, to achieve the desired consistency.
3. Serve as a dip or spread or store in an airtight container in the refrigerator for up to 5 days.

For the tzatziki:

1. Combine the all of the ingredients in a medium bowl. Allow the flavors to meld for about 10 to 15 minutes (or longer) before tasting and adjusting the seasoning, if needed.
2. Serve as a dip or store in an airtight container in the refrigerator for up to 5 days.

To serve:

1. To build the Mediterranean pitas, halve a pita and pop open to form a pocket. Spread 1 Tablespoon of tzatziki and 1 Tablespoon of hummus on each surface of the pita and then stuff with about 1/2 to 3/4 cup of the vegetable salad mixture.
2. Serve at room temperature or store separately and build as desired.

For the dressing:

- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Lemon zest
- ½ teaspoon Dijon mustard
- ¼ cup red wine vinegar
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ cup olive oil

For the vegetable mixture:

- 1 head cauliflower, cut into florets
- 1 – 15.5 oz can low sodium chickpeas, drained and rinsed
- ½ red onion, chopped
- Olive oil, to coat

For the pita:

- 1 package whole wheat pita bread