



## Greek Salad Pita Cups

A mini greek salad in a baked pita cup. A great healthy offering to bring to holiday parties. Be creative with seasonings, hummus flavors, and vegetables. This is also a great fun snack!

<u>U.S.</u>		<u>Metric</u>
4 each	Pita Bread, whole wheat	4 each
1 1/2 tsp	Garlic Powder	7 g
1 tsp	Italian Seasoning	5 g
1 cup	Hummus, store bought or homemade	226 g
<i>For Greek Salad Filling:</i>		
1/2 each	Cucumber, small dice	1/2 each
1/2 each	Red Onion, small, minced	1/2 each
1 cup	Cherry Tomatoes, quartered	237 g
1 each	Avocado, ripe, small dice	1 each
2 Tbsp	Parsley, chopped	8 g
2 tsp	Extra Virgin Olive Oil	10 mL
1/2 each	Lemon, zested, juiced	1/2 each
1/3 cup	Feta Cheese	50 g
to taste	Black Pepper	to taste

### Preparation:

1. Gather all ingredients and equipment.
2. Preheat your oven to 350°F (180°C).
3. Pita bread can be separated into 2 layers because there is an air pocket between the 2 layers. Cut around the outer edge of the pita rounds. Then, carefully peel them apart to make 2 even rounds.
4. Cut each round into 4 even pieces by cutting down the center horizontally and then vertically; like you would to cut a pizza. Set pita pieces aside.
5. In a small bowl combine garlic powder and italian seasoning. Set aside.
6. Spray a mini muffin tin with non-stick spray. Take each piece of pita and press it into the individual muffin holes by creasing in the outer edges with one hand and pressing it down in the center with the other hand. The goal is to form a cup shape in the muffin hole. Some will break, but still bake them.
7. Lightly spray over the the top of the pita cups with the non-stick spray. Then evenly sprinkle the herb seasoning into the cups.
8. Bake at 350°F (180°C) for 15 minutes or until golden at the tips and a hard chip at the base.
9. While the chips are baking, make Simple Hummus (separate recipe). Set aside.
10. Next make the Greek Salad Filling: dice the cucumber, mince the red onion, quarter the cherry tomatoes, dice avocado, and chop parsley.
11. Add ingredients from the previous step to a medium bowl, along with the extra virgin olive oil, lemon zest, lemon juice, feta cheese, and black pepper. Fold until thoroughly combined.
12. To assemple the cups, lay out each of the pita cups on a tray or serving platter. Put a small dollop (about a teaspoon) of hummus in the middle of all the cups. Then, spoon in about 1 to 2 tablespoons of the Greek Salad mixture on top of the hummus. Serve cold or room temperature. Enjoy!

## **Nutrition Facts**

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16 Servings

**Serving size** 2

**Amount per serving** 4 ounces

**Calories** 80

Calories from Fat 45

**Total Fat** 5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2.5 g

**Cholesterol** 5 mg

**Sodium** 75 mg

**Total Carbohydrate** 8 g

Dietary Fiber 2 g

Total Sugars 1 g

Includes 0 g Added Sugars

**Protein** 2 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 123 mg

Phosphorus 30 mg