

Green Salad and Hummus

Total: 10 min. Active: 10 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 422. Total Fat: 30g. Carbs: 31g. Protein: 11g.

Ingredients

- 2 cups arugula
- 1/3 cup cherry tomatoes, halved
- 1/3 cup sliced cucumber
- 1 tbsp chopped red onion
- 1 1/2 tbsp extra-virgin olive oil
- 2 tsp red wine vinegar
- 1/8 tsp ground pepper
- 1 tbsp feta cheese
- 1 (4 in.) whole wheat pita
- 1/4 cup hummus

Directions

Toss arugula in a bowl with tomatoes, cucumber, onion, oil, vinegar and pepper. Top with feta. Serve with pita and hummus.

