



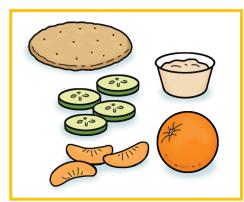
Hummus and Pita

A Food Hero Recipe Kit



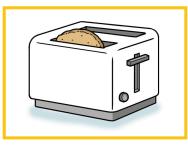
Make it at home!

With the ingredients in today's school meal bag, you can make **Hummus and Pita** for breakfast tomorrow. Follow the steps below. Or you can eat the ingredients on their own. For cooking tips, nutrition facts and a video, visit: **FoodHero.org/recipes/hummus-with-tahini**



Ingredients

1 whole-grain **pita** 2 Tablespoons **hummus** 1 **tangerine Cucumber** slices



1 Toast the pita until lightly browned, if desired.



2 Spread the hummus on the pita, and top it with the cucumber slices. Or use the hummus as dip.



3 Peel your tangerine and separate it into slices.



4 Enjoy your **Hummus and Pita** breakfast! Refrigerate leftovers within 2 hours.



Funded by The Moore Family Center for Whole Grain Foods, Nutrition and Preventive Health, OSU Extension, and Oregon SNAP. Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer. You can apply for your school meal program at any time throughout the year by contacting your child's school office, or the school district office.