

Herbal Legacy Recipes

Back to School Pita Pockets

Contributed by Traci Law

Ingredients:

- *1 cup peeled and diced cucumber
- *1 cup diced red bell pepper
- *1 cup diced zucchini
- *1/4 cup diced red onions
- *1/4 chopped black olives
- *2 T. extra virgin olive oil
- *1 T. fresh lemon juice
- *1 t. apple cider vinegar
- *1 t. dried Oregano (or 1 T. fresh Oregano)
- *Sea Salt
- *Black pepper
- *3 6-inch whole-wheat pita breads, cut in half
- *6 curly leaf lettuce leaves

- 1) Combine cucumber, red bell pepper, zucchini, red onions, olives, olive oil, lemon juice, vinegar and oregano in a large bowl, and toss to mix. Season with sea salt and pepper.
- 2) Line each pita half with a lettuce leaf.
- 3) Distribute salad mixture evenly among pita pockets.
- 4) Enjoy!

Other idea: Spread peanut butter inside and fill with sliced apples and bananas.

This is a great lunch-box sandwich and it is fun to eat!

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<http://www.herballegacy.com/Recipes.html>