



## FILLED PITA POCKETS

8 servings

### Ingredients

4 large pita breads  
2 medium cucumbers  
2 medium tomatoes  
1 small onion  
2 Tbsp. chopped parsley  
Sprinkling of olive oil  
Hummus (ready-made or recipe below)  
Ready-made tehina (optional)

### Step-by-Step Preparation

1. Cut the pita breads in half to make two pockets.
2. Dice washed, unpeeled cucumbers finely. Put them into a bowl.
3. Finely chop the tomatoes, onion, and parsley and add them to the bowl.
4. Sprinkle olive oil on the salad and mix thoroughly.
5. Open each pita pocket. Spread hummus on the inside, then fill it with salad.
6. If you like tehina, add a teaspoonful on top. Eat and enjoy!

## HOMEMADE HUMMUS

Serves 12 or more when used as a dip

### Ingredients

1 can chickpeas  
1 cup tehina paste (not ready-made tehina)  
1 tsp. salt  
2 tsp. chopped parsley  
1 tsp. chopped green onions  
Paprika and garlic powder to taste  
3-4 tsp. lemon juice

### Step-by-Step Preparation

1. Drain the can of chickpeas. Save juice.
2. Empty the chickpeas into the food processor or blender.
3. Add all other ingredients and blend until smooth.
4. For an even smoother consistency, slowly add the chickpea juice until you reach the desired texture. Remove from the food processor and serve.