

Lentil Pita Pockets

Recipe By *Megha Suchak*



Cooking and Prep:  10
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Serves:  1

Contains:  

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Vegan,
Pescetarian, Low Fat, Sugar
Free

A piece of pita bread is a little world unto itself — so round, so hollow, so open to whatever you desire for lunch. And so portable and convenient, too!

Lentils and crunchy fresh vegetables stuffed into hearty whole-wheat pitas is a perfect combination of textures, colors, and flavors. Lentils are a rich source of dietary fiber. Lentils are a powerhouse of nutrition. They are a good source of potassium, calcium, zinc, niacin and vitamin K, but are particularly rich in dietary fiber, lean protein, folate and iron.

Ingredients (10)

Main ingredients

- 1 whole wheat pita bread
- 1/2 cup boiled lentils or [Gefen Organic Lentils](#)
- 5–6 cherry tomatoes
- 1/4 cup sliced cabbage

- 1/4 cup sliced carrot
 - 2 leaves romaine lettuce
 - 1 teaspoon lime juice
 - 1 teaspoon **Gefen Olive Oil**
 - salt, to taste
 - pepper, to taste
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Start Cooking

Prepare the Pita Pockets

1. In a bowl add boiled lentils, sliced cabbage, carrot and tomatoes.
2. Then add lime juice, oil, salt and pepper. Combine well.
3. Toast the whole wheat pitas and then cut them into halves diametrically. Open the half, put romaine lettuce inside and then fill in the prepared mixture.

About

This recipe originally appeared on [CookingHealthy.co](#).