



HUMMUS TAHINA SALAD

Refreshing salad features fresh vegetables and a creamy tahini dressing, served with pita bread.

Nutrition Facts per Serving: Calories 483, Protein 15g, Carbs 61g, Fat 19g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 5 min



INGREDIENTS

Organic Canned Hummus

Tomato

Organic Cucumber

Green Onions

Onion, Parsley

Extra Virgin Olive Oil

Tahini

Dressing

Brown Pita Bread

METHOD

1. Open the Hummus can and drain in colander retaining all hummus. If desired give it a rinse with room temperature water.
2. In a large bowl, combine hummus, tomato, cucumber, green onions, onions & half the parsley.
3. Shake the dressing until well combined, add to the bowl and toss to combine.
4. Sprinkle remaining parsley and olive oil and serve with pita bread on the side.

