

## Pita Pockets



### Ingredients:

- 2 cups Romaine lettuce, chopped
- 4 ounces Feta cheese, crumbled
- 2 cups cucumbers, seeded and thinly sliced
- 1/2 cup onion, chopped
- 2 tablespoons fresh parsley, chopped
- 2 cups red peppers, chopped
- 2 cups green peppers, chopped
- 4 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste
- 8 pita rounds

### Instructions:

1. Cut the pita rounds in half.
2. Combine all vegetable ingredients in a large bowl and gently toss until mixed.
3. Combine lemon juice, oil, salt and pepper together.
4. Pour lemon mixture over the salad and toss.
5. Fill each pita half with the salad mixture.

Servings: 16



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>