

1 pita pocket

1/4 cup hummus

1/3 cup tabouli

2 tablespoons Feta cheese -- crumbled

1 leaf romaine lettuce -- torn into pieces

1/4 tablespoon tomato -- chopped

1/4 cup alfalfa sprouts

1 tablespoon Greek olives -- chopped

Lemon Dill dressing (see recipe)

Cut top 1/4 from pita pocket and reserve for another use*. Open pocket and spread one side with hummus. Spoon in tabouli. Add remaining ingredients, drizzling salad dressing over all. This serves one, but is easily multiplied for many.

* Broiled pieces of pita bread are excellent for dipping extra hummus.