

Pita Pizzas!

Is your child fed up with the same old meat sandwich? End lunchtime boredom by spreading hummus on a whole wheat pita. Puree 1 19-oz can of drained and rinsed chickpeas, 2 tbsp of sesame seed paste (tahini), 2 tbsp lemon juice, 1 clove of minced garlic and 3 tbsp of water. Spread hummus in a pita and top with shredded lettuce and diced red peppers ... then fold and enjoy!

Visit Canada's Food Guide
online at
[www.healthcanada.gc.ca/
foodguide](http://www.healthcanada.gc.ca/foodguide)



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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