

Tupperware®

Serves: 4 · Serving size: 1 pita



PREP: 10 minutes
COOK: 0 minutes

Mediterranean PITAS

2 cups plain, full fat yogurt
2 tbsp. DIY Curry Seasoning Blend (found on our blog)
2 cups Baba Ghanoush (found on our blog), divided
4 cups roasted cauliflower, beets and sweet potato (from meal prep), divided
4 large pita pockets, cut in half
Fresh parsley, cilantro, pumpkin seeds for garnish

1. In a small bowl, stir together yogurt and DIY Curry Seasoning Blend, set aside.
2. Inside each pita half, add ¼ cup of the Baba Ghanoush and ½ cup of the roasted vegetables.
3. Top each with ¼ cup of the yogurt mixture; garnish with fresh parsley and pumpkin seeds.

Nutritional Information (per serving):

Calories: 440 Total Fat: 8g Saturated Fat: 1g Cholesterol: 0mg
Sodium: 400mg Carbohydrate: 83g Fiber: 13g Sugar: 13g Protein: 12g
Vitamin A: 650% Vitamin C: 15% Calcium: 15% Iron: 25%

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