



READ[®]

MEDITERRANEAN BEAN AND PITA-WICHES

SERVES: 6 SERVINGS | **PREP & COOK TIME:** 30
MINUTES

INGREDIENTS

- 1 can (15 ounces) READ 3 or 4 Bean Salad
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped tomatoes
- 1/2 cup baby spinach, coarsely chopped
- 1/4 cup sliced celery
- 1/4 cup sliced pitted black or kalamata olives
- 2 tablespoons chopped fresh oregano or basil
- 6 whole grain pita pocket halves

DRESSING

- 2 tablespoons reserved bean liquid
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- Coarsely ground black pepper

INSTRUCTIONS

1. Drain bean salad; reserve 2 tablespoons liquid.
2. In large bowl, toss together bean salad and next 6 ingredients.
3. For dressing, whisk ingredients together. Add dressing to bean mixture; toss. Fill pita pocket halves with bean mixture.

FIND IT ONLINE:

<http://www.readsalads.com/recipes/2014/6/3/mediterranean-bean-pita-wiches>

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