

## RECIPE

# Mediterranean Plate

1 serving

**PACKED WITH COLORFUL VEGETABLES**, protein, healthy fats, and fiber, making it the kind of balanced meal that keeps you feeling full and energized without a lot of effort. Whether you're looking for a quick lunch, an easy dinner, or a meal prep staple, this plate proves that healthy eating can be as beautiful as it is delicious.

## INGREDIENTS

- ½ high-fiber pita bread
- 1 tsp extra-virgin olive oil
- ⅛ tsp garlic powder
- ⅛ tsp paprika
- Salt and pepper to taste
- 4 oz rotisserie chicken breast, sliced
- 2 mini cucumbers, cut into spears
- 1 cup cherry tomatoes
- ½ red bell pepper, sliced
- 2 tbsp hummus



## INSTRUCTIONS

- 1 **PREHEAT** oven to broil. Carefully open pita and separate into 2 pieces.
- 2 **BRUSH** with olive oil, sprinkle with garlic powder and paprika, and season with salt and pepper.
- 3 **BROIL** until toasted, watching carefully, 1-2 minutes. Let cool, then coarsely break up into pita crackers.
- 4 **ARRANGE** chicken, cucumbers, tomatoes, bell pepper, and hummus on a plate.
- 5 **SERVE** with pita crackers.

## NUTRITIONAL INFO PER SERVING

CALORIES

388

PROTEIN

42g

FIBER

9g