

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Pita Pockets

Contributed by Traci Law

1 cup peeled and diced cucumber
1 cup diced red bell pepper
1 cup diced zucchini
1/4 cup diced red onions
1/4 cup chopped black olives
2 T. extra virgin olive oil
1 T. fresh lemon Juice
1 t. apple cider vinegar
1 t. dried Oregano (or 1 T. fresh Oregano)
Sea salt
Black Pepper
3 6-inch whole-wheat pita breads, cut in half
6 curly leaf lettuce leaves



1-Combine the cucumber, red bell pepper, zucchini, red onions, olives, olive oil, lemon juice, vinegar and oregano in a large bowl, and toss to mix. Season with sea salt and pepper.

2- Line each pita half with a lettuce leaf.

3- Fill with salad mixture and enjoy!

Tip for sack lunches: Put on ice to keep cool, keep the salad filling in a Tupperware container and keep the lettuce separate from the bread. Nobody likes a soggy pita!