

## **Greek Pita Cups**

Zack Truitt

### **Ingredients**

- 3 whole wheat pitas
- 17 oz garlic hummus
- ¼ cup chopped pitted Kalamata olives
- ½ cup diced cucumber
- 2 tsp chopped parsley
- 3 oz crumbled feta cheese
- 9 grape tomatoes halved

### **Instructions**

- 1- Preheat oven to 350°
- 2- Spray muffin tin with cooking spray.
- 3- Slice pitas into 6 pizza slices and place in muffin tin creating a bowl shape.
- 4- Bake 5-7 minutes. Let cool for 10 minutes.
- 5- Fill each pita cup half full of hummus.
- 6- In a bowl, combine olives, cucumber and parsley. Spoon mixture into cups.
- 7- Sprinkle with feta cheese on tomatoes.