



Makes 1 board
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

4 small roma tomatoes,
quartered

4 mini bell peppers, halved and
seeded

½ of an English cucumber, thinly
sliced (1½ cups)

1 cup oil-free hummus

½ cup canned chickpeas, rinsed
and drained

¼ cup slivered red onion

2 tablespoons pine nuts, toasted

1 tablespoon chopped fresh
oregano

Freshly ground black pepper, to
taste

2 whole wheat pita bread
rounds, warmed and cut into
wedges

Lemon wedges

Greek Salad Board

Serve this informal salad board as an appetizer at your next **Mediterranean feast** or anytime you're craving a healthy no-fuss dinner that you can eat with your hands. Opt for the freshest produce you can find, and feel free to swap in whatever vegetables are currently in season near you. To really dial up the fresh factor, make your own **pita bread** and **oil-free hummus** to serve alongside the veggies. **Green Goddess Dip** also pairs well with this platter.

By Shelli McConnell

- 1 Arrange the first seven ingredients (through pine nuts) on board. Sprinkle with oregano and black pepper. Serve with pita and lemon wedges.