

## STUFFED PITA BREAD



### *Pita spread:*

- 3 Tbsp eggless mayonnaise
- 1 Tbsp ketchup
- 1 Tbsp yellow mustard
- Pinch of salt

*Mix all ingredients and add sugar to taste*

### *Ingredients (make 4 or more servings):*

- 4 pieces of tofu
- ½ an onion
- 1 pack of mixed baby lettuce
- 2 cucumbers
- 1 pack of pita bread
- 1 tsp salt and pepper
- 1 tsp olive oil

### *Directions:*

1. Prepare the tofu – cut into smaller slices and pan fry
2. Slice the onion
3. Heat the pan and add oil
4. Fry onion until lightly browned, then toss in fried tofu and fry together
5. Season onions and tofu with salt and pepper
6. Cut each pita bread in half and open by hand
7. Spread the inside of the pita bread with the mixed pita spread
8. Stuff pita bread with the tofu-onion mixture, freshly-sliced cucumber, and green lettuce