in a saucepan over medium heat, bring water to a boil with ½ tsp salt. add quinoa and return to a boil. reduce to a simmer, cover and cook until all of the water has been absorbed, 15-20 minutes. spread the quinoa on a baking sheet, plate or clean surface to cool for 10 minutes.

Whisk together lemon juice, oil, garlic, ¼ tsp salt and pepper in a bowl. add the cooled quinoa, tofu, bell peppers, tomatoes, cucumber, parsley, and mint. toss to combine.

Spread the inside of the pita with mayo or mustard. Fill with all ingredients. Optional: can substitute the turkey breast for any of your favorite low-sodium lunch meats.

In a saucepan over medium heat bring water to a boil with ½ tsp salt. Add quinoa and return to a boil. Reduce to a simmer, cover and cook until all of the water has been absorbed, 15-20 minutes. Spread the quinoa on a baking sheet, plate or clean surface to cool for 10 minutes.

1 whole wheat pita bread, cut in half
2 thin cucumber slices
6 slices turkey breast
1 6-8oz package smoked tofu, diced
1 small yellow bell pepper, diced
1 cup grape tomatoes, halved
1 cup cucumbers, diced
½ cup fresh parsley, chopped
½ cup fresh mint, chopped

1 1/2 cups water
¾ tsp salt, divided
1 cup quinoa, rinsed well
¼ cup lemon juice
3 tbsp extra-virgin olive oil
2 garlic cloves, minced
¼ tsp ground pepper
1 6-8oz package smoked tofu, diced

2 tbsp light mayo or mustard
6 slices turkey breast
1 1/2 cups quinoa, rinsed well
1/2 cup lemon juice
3 tbsp extra-virgin olive oil
2 garlic cloves, minced
1/4 tsp ground pepper
1 6-8oz package smoked tofu, diced

optional: can substitute the turkey breast for any of your favorite low-sodium lunch meats.

1 whole wheat pita bread, cut in half
2 thin cucumber slices
6 slices turkey breast
1 6-8oz package smoked tofu, diced
1 1/2 cups water
1/4 cup lemon juice
3 tbsp extra-virgin olive oil
2 garlic cloves, minced
1/4 tsp ground pepper
1 6-8oz package smoked tofu, diced

Spread the inside of the pita with mayo or mustard. Fill with all ingredients.

1/2 cup cucumber, diced
1/2 cup grape tomatoes, halved
1/2 cup fresh parsley, chopped
1/2 cup fresh mint, chopped

2 thin red onion slices
1/4 cup lemon juice
3 tbsp extra-virgin olive oil
2 garlic cloves, minced
1/4 tsp ground pepper
1/6-1/8 cup smoked tofu, diced

optional: can substitute the turkey breast for any of your favorite low-sodium lunch meats.

1/4 cup cucumber, diced
1/4 cup grape tomatoes, halved
1/4 cup fresh parsley, chopped
1/4 cup fresh mint, chopped