

Picnic Pita Pockets

Ingredients:

- 1 ½ cup each: chopped tomato and chopped cucumbers
- ½ cup low-fat ranch dip
- 3 pita breads, halved (tortillas, bread, buns, etc., may be substituted)

Directions:

- In a bowl, mix together cucumber, tomato and dressing. Spoon equal portions into pita half or bread of choice. Divide cheese, ham and turkey among sandwiches.

Makes 6 servings. Per serving: 247 calories, 3 grams (g) fat, and 28 g carbohydrate.

NDSU EXTENSION
SERVICE