



Fill Your Pockets – Pita Pockets

Makes 1 Child Sized Portion

Preparation time: 10 minutes

Cooking time: 0 minutes

Common allergens: dairy, wheat

Equipment List

- Cutting knife
- Cutting board
- Can opener

Nutrition Information

Calories	250
Total Fat	13 g
Saturated Fat	7.4 g
Sodium	695 mg
Carbohydrate	15.6 g
Fibre	3.2 g
Protein	15.6 g

What You Need

Medium pita (can be substituted with a tortilla, whole wheat bread or naan)	1/2 pita per serving	
Small tomato	1/3 of a tomato	
Cucumber	3 slices	
Green pepper	1 strip	
Lettuce	2 leaves	
Cheddar cheese	1 oz.	30 g
Cooked ham (or baked chicken)	1 oz.	30 g
Pizza sauce (mild)	1 tbsp.	15 mL

Instructions

1. Cut up vegetables and meat into bite-size pieces, grate cheese and chop lettuce.
2. Open up can of sauce.
3. Place the ham, cheese and vegetables on different plates. Place the pizza sauce in a bowl.
4. Use thumbs to open pita. Starting at edge, gently peel one side of the pita back. This creates a pocket. Fill pocket with food items and add pizza sauce. Fold open end back to enclose the pocket.



Recipe taken from Kids in the Kitchen