Pita Pocket Salad

A fun way to eat a salad!

Level: Easy

Makes: 5

Ingredients:
- 1 ripe pear, diced
- ¼ cup thinly sliced celery
- ½ cup seedless red grapes, cut in half
- 1 tablespoon lemon yogurt
- 1 tablespoon lowfat salad dressing
- 1 tablespoon finely chopped walnuts (optional)
- 5 miniature pita pockets

Directions:
1. Wash pear, celery and grapes before dicing, slicing and cutting.
2. In a mixing bowl combine filling ingredients. Chill until serving time.
3. Cut pitas in half and fill with salad.

Helpful Hints: Pita pockets are also called Kangaroo bread or pocket bread. After cutting the round, flat bread in half, you can separate the layers and open up a pocket. The pocket is perfect for filling with different sandwich ingredients.

Look for different types of yogurt: fruit flavored, plain, low fat or nonfat. Check the "sell by" date for freshness. Yogurt is a high-calcium dairy food and a great way to get the calcium you need, especially if you don’t drink much milk. This recipe calls for only a small amount of flavored yogurt, so serve the rest of the carton at snack time or as a dip.

Safety Tip: Remind children to wash their hands with soap and water before and after handling food. Because children practice what they see, let them see you washing your hands often!

Nutrition Facts
Serving Size: 1 miniature pita (63g)
Serves: 5

Calories: 110
Calories from Fat: 15

Percent Daily Values
- Total Fat: 1.5g (2%)
- Saturated Fat: 0g (0%)
- Cholesterol: 0mg (0%)
- Sodium: 170mg (7%)
- Total Carbohydrate: 22g (7%)
- Dietary Fiber: 2g (9%)
- Sugars: 6g

Protein: 4g

Vitamin A: 0% • Vitamin C: 4%
Calcium: 4% • Iron: 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.