

## Pita Pocket Salad

*A fun way to eat a salad!*

5 servings

### Ingredients:

- 1 ripe pear, diced
- 1/4 cup thinly sliced celery
- 1/2 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.

**Nutrition Facts:** One pita provides 110 calories, 1.5g total fat, 0mg cholesterol, 170mg sodium, 22g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

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### Chef's Choice

Pita Pocket Salad  
Low Fat Milk

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