

# Turkey-Veggie Pita

## INGREDIENTS:

- 1 whole wheat pita bread, halved
- 1 tbsp. fat-free mayonnaise
- 6 slices of smoked turkey breasts, sliced
- 4 thin Slices of tomato
- 4 thin slices of cucumber
- 2 thin red onion slices
- 1/2 of a green pepper, cut into thin slices

**PREP TIME:** 10 mins.

**TOTAL TIME:** 10 mins.

**MAKES:** 1 serving



## DIRECTIONS:

**SPREAD** insides of pita halves with dressing

**FILL** evenly with remaining ingredients.

### EXTRA SPECIAL:

Top filling with a sprinkle of cracked black pepper  
or chopped fresh dill

## NUTRITION FACTS:

260 Calories	4.5g of Fat
44g of Carbs	6g of Fiber
5g of Sugar	16g of Protein