



Ham It Up Pita Pockets

Servings: 4

Prep and Cooking Time: 10 minutes

Ingredients:

- 2 whole wheat pitas, large size
- 8 slices ham
- 4 slices Provolone cheese
- 1 medium apple, thinly sliced
- 2 tablespoons spicy mustard

Preparation:

Cut pita pockets in half. Spread about 1 teaspoon spicy mustard inside each pocket. On cutting board, layer 1 slice ham, 1 slice Provolone cheese and 1 slice ham together. Fold in half, tucking 3 or 4 slices of apple between the ham and cheese halves. Tuck the layers into the pita pocket half.* Microwave each pocket on high for 30 seconds or until cheese begins to melt. Let stand a few minutes before eating.

*Heating pita pockets in the microwave for a few seconds may soften them slightly to make this process easier.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	250
Total Fat:	9g
Saturated Fat:	5g
Cholesterol:	40mg
Sodium:	1100mg
Carbohydrates:	25g
Dietary Fiber:	3g
Protein:	18g (7g from dairy)
Calcium	20% Daily Value

Cost/recipe:

\$5.40

Cost/serving:

\$1.35

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ON THE
BASICS**

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