

Pita Tacos

Ingredients:

3 mini (6-inch) Pita bread pockets	1 1/2 cups lettuce, shredded
1/2 cup low fat, shredded cheese	1 green pepper
1 ripe tomato	1/3 cup mild salsa
1 carrot, peeled and grated	

Directions:

1. Wash vegetables in cold water.
2. Chop tomatoes, green pepper; peel and grate carrot; shred lettuce.
3. Put vegetables, cheese, and salsa in separate bowls.
4. Fill pitas with vegetables, cheese and salsa.

Nutrition Facts per Serving:

Calories	293
Fat	1g
Cholesterol	20mg
Sodium	181mg
Protein	15g
Fiber	8g
Carbohydrates	44g

Source from “Heart Healthy Snack Choices,” Cornell Cooperative Extension, Nassau County.

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