

Vegetable Pita Sandwich



Serves 1

Ingredients:

- 8 cucumber slices
- 4 tomato slices
- 4 bell pepper slices
- 30 g sliced reduced-fat cheddar cheese
- 1 whole-wheat pita bread

Procedure:

- Cut pita bread in half.
- Divide sliced vegetables and cheese inside each half.
- Serve cold or heat in microwave on high for 50 seconds, until cheese is melted

Per serving:

- Calories: 305
- Protein: 17 gm
- Carbohydrates: 43 gm
- Fat: 7 gm

This sandwich is good hot or cold. There is no need to use a dressing in this sandwich as there is enough moisture from the tomatoes and cucumbers.