

"Squirrel Snacks" Turkey Pita

Makes: 14 or 56 servings

14 Servings 56 Servings

Ingredients	Weight	Measure	Weight	Measure
Pita, whole wheat, 4"		14		56
Avocado, sliced		1 cup		4 cups
Lettuce, shredded		1 cup		4 cups
Tomato, chopped		1-1/2 cups		6 cups
Carrots, grated		1 cup		4 cups
Turkey breast, lean, white meat (cooked)	2 lb		8 lb	
Honey mustard		1/2 cup		2 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	229	
Total Fat	6 g	
Protein	23 g	
Carbohydrates	22 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	400 mg	

Directions

1. Cut each pita open.
2. Spread 1 tsp honey mustard in each pita.
3. Place 1/2 cup mixture in each pita. (Can add more if needed.)
4. Top each with 1 slice avocado.

Notes

Serving Tips:

Use leftover turkey or chicken to make this meal on a busy day. Using lots of vegetables makes this a great lunch or dinner option.