Pita Pocket Salad
A fun way to eat a salad!

Level: Easy
Makes: 5

Ingredients:
1 ripe pear, diced
¼ cup thinly sliced celery
½ cup seedless red grapes, cut in half
1 tablespoon lemon yogurt
1 tablespoon lowfat salad dressing
1 tablespoon finely chopped walnuts (optional)
5 miniature pita pockets

Directions:
Remember to wash your hands!

1. Wash pear, celery and grapes before dicing, slicing and cutting.
2. In a mixing bowl combine filling ingredients. Chill until serving time.
3. Cut pitas in half and fill with salad.

Helpful Hints: Pita pockets are also called Kangaroo bread or pocket bread. After cutting the round, flat bread in half, you can separate the layers and open up a pocket. The pocket is perfect for filling with different sandwich ingredients.

Look for different types of yogurt: fruit flavored, plain, low fat or nonfat. Check the "sell by" date for freshness. Yogurt is a high-calcium dairy food and a great way to get the calcium you need, especially if you don't drink much milk. This recipe calls for only a small amount of flavored yogurt, so serve the rest of the carton at snack time or as a dip.

Safety Tip: Remind children to wash their hands with soap and water before and after handling food. Because children practice what they see, let them see you washing your hands often!

Kids' Tool Kit
Mixing bowl
Knife
Cutting board
Measuring spoon
Spoon

Chef's Choice
Pita Pocket Salad
Low fat milk

Nutrition Facts
Serving Size 1 miniature pita (62g) Servings Per Container 5

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 110</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium 170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>9%</td>
</tr>
<tr>
<td>Sugars 6g</td>
<td></td>
</tr>
<tr>
<td>Protein 4g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A 0%  •  Vitamin C 4%
Calcium 4%  •  Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fat 5  •  Carbohydrate 4  •  Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.