

Pita Pocket Salad

A fun way to eat a salad!



Level: Easy

Makes: 5

Kids' Tool Kit

Mixing bowl
Knife
Cutting board
Measuring spoon
Spoon

Ingredients:

- 1 ripe pear, diced
- 1/4 cup thinly sliced celery
- 1/2 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.

Chef's Choice

Pita Pocket Salad
Low fat milk



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.

Nutrition Facts

Serving Size 1 miniature pita (82g)	
Servings Per Container 5	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 6g	
Protein 4g	
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:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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!

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.