

(CALIFORNIA DREAMIN' PITA POCKETS

MEET ONE OF OUR FAVORITE EASY-TO-PACK LUNCH PITAS.

TIP: To make this recipe dairy-free, skip the cheese and use hummus instead of yogurt and Ranch seasoning.

FUN FACT: Avocados are fruits (not vegetables) with a ton of vitamins, fiber, healthy fat, and even protein. That's probably why some people call them "supercados."

ALL YOU NEED:

- 3 tbsp. Hy-Vee plain Greek yogurt
- 1 tsp. ranch seasoning mix
- 2 pita pockets
- 1 slice of Colby Jack cheese
- 4 butter lettuce leaves
- ¼ cup chopped avocado
- 1 small tomato, seeded & chopped
- 1 small cucumber, sliced



ALL YOU DO:

1. In a small bowl, combine yogurt & seasoning mix.
2. Spread into pita pockets.
3. Stuff pitas with cheese, lettuce, avocado, tomato & cucumber.
4. Top with remaining yogurt mix.

NUTRITION FACTS PER SERVING: 1 PITA POCKET

Calories: 210 Total Fat: 8 g Saturated fat: 6 g Trans Fat: 0 g Cholesterol: 25 mg Sodium: 410 mg Total Carbs: 27 g; Dietary Fiber: 5 g Protein: 10 g Total Sugars: 4 g Vitamin A: 20% Vitamin C: 15% Iron: 10% Calcium: 15% Iron: 10%

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