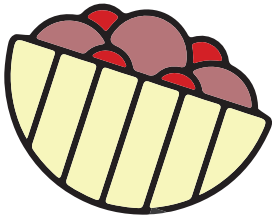


KiK it UP!

Level A - Lesson 2

Rainbow Pita Pockets



INGREDIENTS

- 1 whole wheat pita pocket
- 2 to 3 grape tomatoes
- 2 tablespoons shredded low-fat cheese
- 2 slices 98% fat-free deli meat
- 1 tablespoon low-fat ranch dressing

Makes 1 serving

DIRECTIONS

1. Wash hands and surfaces.
2. Wash tomatoes.
3. Cut the pita pocket in half.
4. Fill pita pocket with tomatoes, cheese, meat and dressing.
5. Refrigerate leftovers immediately.

EQUIPMENT

- Plate

