



Ham & Salad Pocket



Makes 1 sandwich (4 quarters) or 1 wrap

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- 1 teaspoon hummus
- 25g lean ham, salt reduced
- 1 cup mixed lettuce leaves
- ¼ cup reduced fat grated cheese

Method

1. Cut open pita pocket.
2. Spread hummus inside pita pocket.
3. Add ham, lettuce, tomatoes and grated cheese.

