

LiveBetter with MedWatch

Turkey Salad Pita

Ingredients

- *olive oil-flavored cooking spray
- ½ cup finely chopped celery
- 1/3 cup hot mango chutney
- 3 Tbsp. light mayonnaise
- 1 tsp. sesame seeds, toasted
- 2 cups turkey, chopped and cooked
- 2 (6-inch) pita pockets
- 2 Tbsp. Dijon mustard, divided use
- 1 small zucchini, cut lengthwise into 8 (¼-inch) slices
- 1 (7-ounce) bottle roasted red bell peppers, drained and sliced
- 8 spinach leaves
- 2 Tbsp. reduced-fat ranch dressing

Preparation

1. Preheat oven to 350°.
2. Lightly coat a jelly-roll pan with olive oil-flavored cooking spray.
3. Combine chopped celery, hot mango chutney, light mayonnaise and toasted sesame seeds in a medium size bowl. Add turkey; toss gently to coat.
4. Place pita pockets on lightly coated jelly-roll pan
5. Bake at 350° for 6 minutes or until toasted.
6. Lightly spread 1 tablespoon Dijon mustard in each pita pocket; spread ½ cup turkey salad in each pita pocket. Layer each pita pocket with zucchini slices, roasted bell peppers and spinach; drizzle with reduced-fat ranch dressing.

Makes 2 servings. Serving size: 1 pita pocket.



Nutrition Analysis

Per serving: 349 calories, 26 g protein, 10 g fat (3 g saturated), 39 g carbohydrate, 65 mg cholesterol, 733 mg protein



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