

## Healthy recipes

# Turkey, Veggie and Cheese Pita

Yield: 2 servings

**Calories:** 140

**Fat:** 1 g

**Carbohydrates:** 35 g

**Fiber:** 2 g

### Ingredients

Turkey breast	4 oz (slices or cubes)
Tomato	1 large (sliced)
Iceberg lettuce	1 cup (shredded)
Green pepper	1 large (cut into short strips)
Shredded reduced-fat cheddar cheese	1 cup
Low-fat ranch dressing	1/3 cup
Pita rounds	2 (cut in half)

### Directions

Prepare the vegetables and turkey. Place shredded lettuce, sliced tomatoes and green pepper strips in the pita pocket. Top with cheddar cheese and add the ranch dressing. Top with turkey breast and serve immediately.