

Ham and 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.

NUTRITION INFORMATION		
Servings per recipe: 1		
Average serving size: 229g		
	Per serve	Per 100g
Kilojoules (kJ)	1217	531
Protein (g)	20.1	8.8
Total fat (g)	7.7	3.4
- Saturated fat (g)	3.6	1.6
Carbohydrates (g)	31.7	13.8
- Sugars (g)	4.3	1.9
Fibre (g)	6.3	2.7
Sodium (mg)	566	247

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.