

Eat
Well



TURKEY & VEGGIE STUFFED PITA

This easy-to-make sandwich gives leftovers a new lease on life with some serious crunch factor. Use the turkey mixture to make an equally delicious salad. Add a splash of rice vinegar and enjoy.

Prep
Time **10**
min

Cook
Time

Makes 4
Servings

- 75 mL (1/3 cup) 0% fat plain Greek yogurt
- 30 mL (2 tbsp) light mayonnaise
- 5 mL (1 tsp) Dijon or yellow mustard
- 1 mL (1/4 tsp) fresh ground black pepper
- 375 mL (1 1/2 cups) chopped cooked turkey breast meat (about 227 g /8 oz)
- 125 mL (1/4 cup) diced red or green bell pepper
- 60 mL (1/4 cup) grated carrot
- 2 whole grain pita pockets
- 4 leaves Boston lettuce
- Quarter of an English cucumber, thinly sliced

NUTRIENTS PER SERVING

% DV

Calories	216	-
Fat	5 g	7 %
Saturated + Trans	1 g	6 %
	0 g	-
Cholesterol	41 mg	-
Sodium	301 mg	13 %
Carbohydrate	22 g	7 %
Fibre	3 g	12 %
Sugars	3 g	-
Protein	22 g	-
Vitamin A	-	32 %
Vitamin C	-	65 %
Calcium	-	4 %
Iron	-	15 %

1. In a large bowl, whisk together yogurt, mayonnaise, mustard and pepper. Stir in turkey, red or green pepper and carrot until coated well.

2. Cut pitas in half and open pockets. Tuck lettuce and cucumber slices into each half and spoon in turkey mixture.



TIPS

- This recipe is great for using up turkey leftovers. Or, simply cook an extra boneless skinless turkey breast for dinner and save the leftovers. You can also sub in leftover cooked chicken.
- Ask your little chefs to help. They can stir the ingredients together and stuff the filling into the pita pockets.
- Switch up the lettuce colour palette with baby kale, shredded cabbage or shredded beets.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



Health
Canada

Santé
Canada



HEART &
STROKE
FOUNDATION

™ The Heart and Stroke Foundation logo is a trademark of the Heart and Stroke Foundation of Canada used under license.