

Ham and Salad Pocket

Makes 1



Ingredients

- 1 pita pocket
- 1 teaspoon hummus
- 25g lean ham, salt reduced
- 1 cup mixed lettuce leaves
- ¼ cup grated cheese

Method

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