

# Mexican pita pockets

Traffic light category: **Green**

Serves: 10

## Ingredients

- 10 Tortillas
- 200g salsa / napolitana sauce recipe
- 3 ½ cups chopped cooked chicken breast
- 7 cups loosely packed English spinach
- 2 ½ cups reduced fat grated cheese
- ½ cups diced avocado

## Method

1. Lay tortillas flat and spread 1 tablespoon/20g of salsa in the middle of each tortilla
2. Place ½ cup of chopped cooked chicken breast on top of salsa in each tortilla
3. Place ¼ cup diced avocado on top of chicken in each tortilla
4. Place ¾ cup loosely packed English spinach on top of avocado in each tortilla
5. Sprinkle ¼ cup reduced fat grated cheese on top of English spinach in each tortilla
6. Fold each of the four sides in to form an enclosed parcel
7. Place in a heated flat sandwich press, folded side down, for approximately 1-2 minutes or until golden
8. Serve warm.

## Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	226g	100g
Energy	1499kJ	661kJ
Protein	25.7g	11.3g
Total fat	22.8g	10g
Saturated fat	8.3g	3.7g
Carbohydrate	10.2g	4.5g
Sugars	2.6g	1.1g
Dietary fibre	4g	1.7g
Sodium	530mg	234mg

