



GREEK SALMON PITA SANDWICH

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 280 grams poached **salmon**
- 2 tablespoons Fat Free **Greek yogurt**
- 50 grams chopped **cucumber**
- 40 grams finely chopped **red onion**
- 10 **cherry tomatoes**, halved
- 2 tablespoons **feta cheese**
- 1 teaspoon chopped **fresh dill**
- 2 leaves **lettuce**
- 1 **pitta bread** pocket, cut in half

INSTRUCTIONS

- In a bowl, gently combine the salmon, yogurt, cucumber, red onion, tomatoes, feta cheese, and dill.
- Stuff generous amounts of the mixture with a crisp lettuce leaf into pita pockets and serve.

MACROS PER PORTION

CALORIES	514	PROTEIN	44
CARBS	32	FATS	24
FIBRE	3		