



Egg Salad Pita Sandwich

Info:

Makes 4 Servings 240 Calories per Serving

LOW CAL



Ingredients:

- ❖ 4 Large Whole Wheat Pitas
- ❖ 6 Eggs
- ❖ ½ Cucumber, peeled & chopped
- ❖ 1 Cup Lettuce, chopped
- ❖ ½ Cup Fat-Free Miracle Whip/Mayo
- ❖ 1 Tbsp Mustard
- ❖ ¼ tsp Salt
- ❖ Dash of Black Pepper

Preparation:



1. Place eggs in a pan of cool water (just enough to cover eggs)
2. Cook over high heat for about 25 minutes
3. Allow eggs to cool, peel and discard shells
4. Chop egg whites, discard 3 yolks and mash the other 3 well
5. Combine egg whites, yolks, cucumber, lettuce, mayo and mustard in a bowl and mix well
6. Slice pitas in half, then open each pocket gently
7. Fill each pocket with egg mixture