



CHANGE ONE MEAL! June, 2017

TURKEY-APPLE WHOLE WHEAT PITAS



Ingredients:

- 1 medium golden or red delicious apple, cored and thinly sliced
- 2 Tbsp. fresh lemon juice (or bottled lemon juice)
- 1 cup thinly sliced onion
- 1 medium red bell pepper cut into thin strips
- 1 medium green bell pepper cut into thin strips
- 1 Tbsp. extra virgin olive oil
- 8 oz. cooked turkey breast, cut into thin strips (or sandwich turkey meat)
- 6 whole-wheat pita bread rounds, lightly toasted
- ½ cup plain reduced-fat Greek yogurt
- 1 garlic clove minced or 1 tsp. prepared minced garlic
- ½ C. fresh spinach or red leaf lettuce (optional)

Instructions:

1. In a bowl, toss apple slices in lemon juice; set aside.
2. In a large nonstick skillet, cook onion and peppers in hot oil stirring frequently until crisp-tender (warm with a bit of crunch!).
3. Remove from heat, then add apple mixture to skillet mixture, and stir till completely mixed.
4. In small bowl, combine garlic and yogurt.
5. Fill whole-wheat pitas with a bit of turkey, veggie/fruit mixture, spinach or lettuce if desired, and then drizzle with yogurt “sauce.”

CHANGE ONE MEAL 2017 recipes align with NRPA's Commit to Health Food of the Month calendar! Check the calendar on the back to see the featured food categories for each month. June, 2017 Foods of the Month are berries and peppers. Find more recipes and info at <http://www.nrpa.org/our-work/partnerships/initiatives/commit-to-health/foods-of-the-month/>