

Real Appeal Makes Healthier Eating Simple and Delicious

Ingredients (4 Servings)

- 1 whole wheat pita (about 6 inches in diameter)
- 2 teaspoons mustard, preferably one with no more than 50 mg sodium per teaspoon
- 3 ounces reduced-sodium sliced roast beef (Vegetarians: Substitute 3 ounces thinly sliced tempeh seasoned with ½ teaspoon olive oil and a dash salt)
- ½ sweet red pepper
- ¼ cup thinly sliced onion
- 1 slice Jarlsberg Light Swiss Cheese



Beef Pita Melt

Total Time: 10 Minutes

383 Calories (per serving) | 4g Total Fat

Directions

1. Preheat oven to broil.
2. Place pita on an ovenproof dish and spread with mustard, top with roast beef (or tempeh), sweet pepper, onion, and cheese.
3. Place under broiler and cook until cheese is golden brown and bubbly, about 5 minutes. Serve.

Ingredients

- 1 tablespoon light mayonnaise
- 1 tablespoon plain nonfat or low-fat yogurt (regular or Greek)
- ½ teaspoon lemon juice
- 4 ounces skinless, boneless rotisserie chicken, chopped
- ½ apple, diced
- ¼ cup chopped celery
- ¼ cup halved red or green grapes
- 2 tablespoons chopped walnuts



Chicken Waldorf Salad

Total Time: 5 Minutes

372 Calories | 17g Total Fat

Directions

1. In a medium bowl, combine mayonnaise, yogurt, and lemon juice.
2. Mix in chicken, apple, celery, grapes, and walnuts. Serve.

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