

Mozzarella, Tomato, and Basil Pita

Summer's the peak of tomato season and here's a delicious twist on a traditional Italian caprese salad. Luckily thanks to the wonders of an international fresh market, you can enjoy this year-round too.

- One 2:90 whole-wheat pita (at least 2 grams of fiber per 90 calories)
- 1 mozzarella string cheese (with no more than 4 grams of total fat per string), thinly sliced
- 1 cup chopped tomato
- 1/2 cup baby spinach leavesp
- 1/4 cup chopped scallions
- 4 or 5 chopped fresh basil leaves
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon balsamic vinegar
- Freshly ground black pepper

Cut the pita in half and toast it. Set aside.

In a medium bowl, combine the mozzarella, 1 cup tomato, 1/2 cup spinach, 1/4 cup scallions, and the basil. Drizzle with the olive oil and vinegar, and season with black pepper to taste. Spoon the mixture into the toasted pita pockets and serve.

CALORIES 260; FIBER 6g; FAT 8g; PROTEIN 14g; CARB 36g; SODIUM 490mg