



BBQ Pulled Turkey Sandwich

INGREDIENTS:

2 each Whole Wheat Pita Pockets, Halved
½ Red onion, sliced thin
½ Tomato, cut
2 cups Pulled Turkey Meat
1 cup H3 BBQ Sauce

PREPARATION:

- Make H3 BBQ sauce recipe or use your own barbeque sauce from home.
- Mix pulled turkey meat with barbeque sauce, then heat in pot on a slow simmer just until barbequed turkey is hot.
- Place one slice of tomato and onion in half the pita pocket along with ½ cup of the barbequed turkey meat.
- Serve with H3 coleslaw and enjoy!

Number of servings:	4
Serving Size:	½ pita pocket
Calories:	263
Fat Grams:	4.5

