



Cheese, tomato and spinach pockets

GREEN (ACT & SA) / Everyday (NSW)

Makes 12

Ingredients:

- 2 large tomatoes, sliced
- 6 slices of reduced fat cheese cut in half or 125g grated reduced fat cheese
- 120g baby spinach
- 12 x 10 inch wholegrain wraps

Method:

1. Lay out all the wraps and place a slice of tomato in the centre of each one, followed by half a slice of cheese and a small handful of spinach, keeping it all in the centre of the wrap.
2. Fold the edges in on all sides to form a square pocket.
3. Turn the wraps over and toast in a sandwich press for 5 minutes or until golden.

Recipe tested by JG October 2016

Nutrition information:

Cheese, tomato and spinach pockets	Per serve (116g)	Per 100g
Energy (kJ)	1030	887.9
Protein (g)	9.8	8.4
Fat – total (g)	8.4	7.2
Fat – saturated (g)	4.3	3.7
Carbohydrates – total (g)	30.4	26.2
Carbohydrates – sugar (g)	2.6	2.2
Sodium (mg)	710	612