



Cheese, tomato and spinach pockets

EVERYDAY NSW

Makes 12 serves

Ingredients:

- 2 large tomatoes, sliced
- 6 slices of reduced fat cheese cut in half or 125 g 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

Nutrition information:

	Per serve 116g	Per 100g
Energy (kJ)	1030	887.9
Protein (g)	9.8	8.4
Fat – total (g)	8.4	7.2
Saturated (g)	4.3	4.3
Carbohydrates – total (g)	30.4	30.4
Sugar (g)	2.6	2.6
Sodium (mg)	120	149
Fibre (g)	710	710