

Open Pita Bread Sandwich

Serves 2

This recipe is low in fat and a good source of protein.

Ingredients

- 4 small pieces of pita bread or naan bread.
- 2 Tablespoons capsicum dip (or Tzatziki if preferred)
- ½ green capsicum, finely sliced
- 1 small tomato, cut into 8 wedges
- Shavings of low-fat tasty cheese (or parmesan if preferred)



Method

1. Spread both sides of bread with dip.
2. Place tomato and capsicum on top, and top with tasty cheese.
3. Serve immediately or toast in sandwich press if desired (until golden brown)