Recipe Highlight: Fruit

FRUITY THAI PITA POCKET

Makes 4 servings

Adapted from MyPlate
https://www.myplate.gov/recipes/myplate-cnpp/fruity-thai-pita-pockets

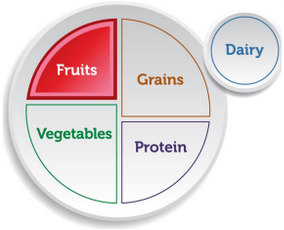
Ingredients

- 1 can tropical fruit salad in 100% juice (15 ounces)
- 4 whole-grain pita pockets
- 4 cups fresh spinach (torn)
- 1/4 cup fresh cilantro (optional)

For the Spread:

- 3 tablespoons reserved juice from tropical fruit salad
- 1/2 cup natural peanut butter, crunchy or chunky
- 3 tablespoons fat-free cream cheese
- 1 tablespoon low-sodium soy sauce

Directions



1. In a colander over a bowl, drain fruit salad well; reserve 3 Tbsp juice.
2. In a small bowl, whisk together reserved juice, peanut butter, cream cheese and soy sauce.
3. Place drained fruit, spinach and cilantro (if desired) in bowl, mix gently.
4. Add sauce and toss.
5. Slice a small portion off each pita. Tuck the slice inside the bottom of the pita.
6. Fill each pita pocket with the fruit-spinach mixture.
7. Wrap individually in plastic wrap and refrigerate. Will keep well overnight.

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