TURKEY AND VEGETABLE PITA

INGREDIENTS:

* 75ml (1/3 cup) Greek yogurt 0% M.G
* 30 ml ( 2 tbsp) light mayo
* 5ml (1 tsp) Dijon mustard or yellow mustard
* 1ml (1/4 tsp) ground pepper
* 375 ml (1 ½ cup) turkey or chicken diced
* 125ml (1/2cup) diced red and green peppers
* 60mlk (1/4 cup) grated carrots
* 2 whole pita bread
* ¼ English cucumber sliced

DIRECTIONS

1. In a big bowl, mix yogurt, mayonnaise, mustard and pepper. Add the turkey red pepper and green pepper and grated carrots, mix.
2. Cut then pitas in half and open pockets. Add lettuce and cucumber, add then turkey/chicken mixture as desired.