

CRAB PITAS WITH YOGURT SALSA

Serves: 4, two halves of pocket bread sandwiches each

Nutrition (per serving)

Calories: 300

Total Fat: 1 g

Sodium: 950 mg

Total Carbohydrate: 58 g

Protein: 20 g

PREP TIME: 20 min

COOK TIME: 5 min

TOTAL TIME: 25 min



Ingredients

1 1/2 cups cabbage, finely shredded

1/2 cup red or green bell pepper, finely shredded

12 oz imitation crabmeat (12 oz shredded cooked crabmeat or about 2 1/2 cups can be used instead)

1/4 cup green onions, sliced

1/4 tsp red pepper sauce

1/4 tsp salt (optional)

4 pita breads, cut in half and opened to form pockets

YOGURT SALSA

1/2 cup plain nonfat yogurt

- 1/2 cup chopped tomato
- 2 Tbsp chopped green onions with tops
- 1 Tbsp chopped cilantro
- 1/4 tsp ground cumin

Directions

1. Mix all Yogurt Salsa ingredients together. Refrigerate until ready to serve.
2. Mix cabbage and bell pepper and set aside.
3. Mix crabmeat, onion, pepper sauce, salt and pepper in 10 inch nonstick skillet. Cook over medium-high heat 3 to 5 minutes, stirring frequently, until hot.
4. Fill pita pockets with about 1/3 cup crab mixture. Top with 1/2 cup cabbage mixture and 2 Tbsp yogurt salsa.