

Pacific Northwest Pitas

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

24 pita bread rounds
48 large leaves lettuce
3 pounds thinly sliced ham
6 cups Pacific Northwest Canned Pears, slices, drained
48 slices (about 3 pounds) cheddar cheese
3 cups ranch dressing

Method

For each serving, cut a pita in half and line each one with a lettuce leaf. Fill each half with 1 ounce ham, 1/4 cup pear slices and 1 slice cheese, and drizzle with 1 tablespoon dressing just before serving.

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Nutrition

<i>Calories</i>	519
<i>Calories from Fat</i>	291
<i>Fat</i>	32g
<i>Saturated Fat</i>	16g
<i>Cholesterol</i>	93g
<i>Sodium</i>	504mg
<i>Carbohydrate</i>	29g
<i>Dietary Fiber</i>	2g
<i>Sugar</i>	12g
<i>Protein</i>	28g
<i>Vitamin A</i>	19% DV
<i>Vitamin C</i>	1% DV
<i>Calcium</i>	46% DV
<i>Potassium</i>	10% DV
<i>Iron</i>	10% DV