

# Pacific Northwest Pitas

4 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

4 pita bread rounds  
4 large lettuce leaves, washed and patted dry  
8 ounces thinly sliced ham  
1 can (15 ounces) Pacific Northwest Canned Pears, slices,  
drained  
8 ounces cheddar cheese, sliced  
Ranch salad dressing

## Method

To assemble the sandwiches, cut the pita pockets in half and line each half with a piece of lettuce. Add ham, pear slices and cheese to fill each pocket evenly. Drizzle the filling with ranch dressing as desired and serve.

## Servings

Makes 4 servings

## 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>	1504mg
<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