

## Apple Curry Turkey Pita

*A great way to use up leftover thanksgiving turkey!*

Servings per recipe: 3

### Ingredients:

- 2 tbsp canola oil
- 1 small sliced onion
- 2 tbsp lemon juice
- ½ lb cooked turkey, cut into chunks (approx. 3.5 cups)
- 1 tbsp curry powder, or to taste
- 1 medium apple, cored and cut into small chunks
- 3 pita bread rounds
- ½ cup sour cream (can use light to reduce fat and calories)



### Preparation:

1. Heat oil in skillet over medium high heat. Stir in onion, and lemon juice. Cook until onion is tender. Mix in curry powder and chopped turkey. Continue cooking until heated through
2. Remove from heat. Stir in apple chunks and sour cream. Stuff pitas with the mixture.

### Tips:

- \* Can add chopped celery to the mixture and lettuce slices to the pita.
- \* To use up leftover cranberry sauce, use it as a spread on a turkey sandwich.

**Carbohydrate choices: 3**

### **Approximate nutrients per serving:**

450 Calories, 30g protein, 50g carbohydrate, 14 g fat, 400 mg sodium, 450 mg potassium, 250mg phosphorus.

*Adapted from allrecipes.com*