

Serves 2

# Vegetarian cheesy breakfast

by Delia Yang, Dietitian, NHGP

## Nutrition Information (Per Serving)

Energy	180kcal
Protein	10g
Total fat	7g
Saturated fat	4g
Cholesterol	17mg
Carbohydrate	20g
*Carbohydrate exchange	~1.3 exchange
Dietary fibre	4g
Sodium	508mg
Calcium	221mg
Vit D	0.64ug
Phosphorus	163mg

## Ingredients

50g shredded low-fat Cheddar cheese  
 ½ cup shredded lettuce or alfalfa sprouts  
 ½ cup of diced tomatoes  
 ¼ cup shredded carrots  
 1 tbsp mixed herbs (garlic, basil, thyme and rosemary)  
 1 tsp of pepper (optional)  
 1 large pita bread (6.5inch), cut into half

## Preparation

1. Combine all ingredients in a small bowl, stirring well.
2. Put the mixed ingredients into pita bread pockets with a spoon.

*Photo is only a representation of the recipe.*