Krab Pita Pockets

NIBBLEDISH CONTRIBUTOR

Ingredients

-4 ounces imitation crab meat-1 TBS reduced fat mayo-lemon juice, salt, pepper, cayene pepper to taste-alfalfa sprouts-1 slice reduced fat cheese-1/2 WW pita pocket

Instructions

Mix crab, mayo, and spices with lemon juice. Stuff into pita pocket with alfalfa sprouts & cheese slice. Serve with a green salad with low fat dressing for a quick and healthy lunch.