

*When you cut it in half, one round pita bread makes two pockets. And, when you fill the pockets with egg salad, they make handy portable lunches. Make the salad the night before. In the morning, fill the pockets with the salad and some veggies. Then, wrap the pockets and pack them along with frozen juice boxes to keep them cool until mealtime.*

## Egg Salad Pockets

for 4 kids

### Foods you need:

- 3 tablespoons sour cream
- 1/4 teaspoon fresh dill weed
- OR 1/8 teaspoon dried dill weed
- 4 hard-cooked eggs, chopped
- 4 thin cucumber slices
- 4 thin tomato slices
- 2 whole wheat pita breads, cut in half

### Kitchen things you need:

- Medium-sized mixing bowl
- Rubber spatula
- Plastic wrap or aluminum foil
- 1/4-cup measuring cup
- Soup spoon



1. Put the sour cream and dill weed into the bowl. Stir with the spatula until the ingredients are well

blended and you can't see any clumps of dill weed any more. Add the eggs to the bowl and gently stir until they are evenly coated with the sour cream mixture.

2. Cover the bowl with the plastic wrap or foil. Put the bowl into the refrigerator. Let it stay in the refrigerator for several hours or overnight.

3. When you're ready to pack the pocket sandwiches, put 1 cucumber slice and 1 tomato slice into each pita pocket. Carefully spoon 1/4 cup of the egg salad into each pita pocket. ○

