

# Sandwich Pockets

**Makes**  
4 sandwiches

**Prep time**  
10 minutes

**Cook time**  
10 minutes

**Good source of Protein**

**For Pizza Pockets:**  
 ½ Tbsp. vegetable oil  
 1 cup raw ground turkey or lean ground beef  
 ½ cup marinara or spaghetti sauce  
 8 slices whole wheat bread  
 ¼ cup shredded cheese (e.g. low-fat cheddar or mozzarella)

**For Ham & Cheese Pockets:**  
 8 slices whole wheat bread  
 ¼ cup shredded cheese (e.g. low-fat cheddar or mozzarella)  
 8 slices deli ham

## Nutrition Facts

4 servings per container  
**Serving size 1 sandwich (120g)**

Amount per serving  
**Calories 240**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 8g           | <b>10%</b>     |
| Saturated Fat 2g              | 10%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 25mg       | <b>8%</b>      |
| <b>Sodium</b> 410mg           | <b>18%</b>     |
| <b>Total Carbohydrate</b> 27g | <b>10%</b>     |
| Dietary Fiber 0g              | 0%             |
| Total Sugars 4g               |                |
| Includes 1g Added Sugars      | 2%             |
| <b>Protein</b> 16g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 154mg                 | 10%            |
| Iron 2mg                      | 10%            |
| Potassium 325mg               | 6%             |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions for Pizza Pockets:

1. Heat oil in a pan over medium-high heat. Add ground meat and cook until brown and cooked thoroughly. Remove meat from pan, strain oil, and set aside.
2. Place two slices of bread on a cutting board, and flatten each one with a rolling pin, a heavy cup, or the bottom of a flat plate.
3. Add one tablespoon of marinara sauce in the center of one slice of bread. Spread evenly, leaving a ¼-inch space all around the edges of the bread.
4. Top with 2 tablespoons of cooked meat and about 2 teaspoons of shredded cheese.
5. Top with the second slice of bread. Use a fork to push down and seal the edges, being sure that the filling does not leak out.
6. Place the sandwich pocket in a pan or skillet over medium heat until golden brown. Flip and repeat on the other side.
7. Repeat with remaining ingredients. Serve hot. Refrigerate any leftovers.

**Make Other Pockets:** Follow steps 2 to 7 above, using ham & cheese, peanut butter & jelly, or other fillings of your choice!

