



# PROJECT: GET IT DONE TOGETHER

## Flying Saucers

*Adult Supervision Required | Dairy free, nut free*

### Ingredients:

- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 8 pita pocket halves
- 8 lettuce leaves
- 16 thin slices bologna
- 8 thin slices fully cooked ham
- 16 thin slices tomato

### Instructions:

1. Combine the mayonnaise and mustard.
2. Spread about 1 tablespoon into each pita half.
3. Stuff each with one lettuce leaf, two slices of bologna, one slice of ham and two slices of tomato.

*Makes 4-6 servings*

**Total time:** 15 minutes

### Nutrition facts per serving:

539 calories, 39g fat (12g saturated fat), 68mg cholesterol, 1647mg sodium, 29g carbohydrate (3g sugars, 2g fiber), 20g protein.

Source: [tasteofhome.com/recipes/flying-saucers](https://tasteofhome.com/recipes/flying-saucers)