

# Egg Salad Pockets

4 servings

## Ingredients:

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

## Preparation:

Put the sour cream and dill weed into a bowl, and mix. Add the eggs, and gently stir with a spatula until coated with the sour cream mixture. Cover the bowl with plastic wrap or foil. Refrigerate bowl for several hours or overnight.

When you are ready to pack the pocket sandwiches, put 1 cucumber slice and 1 tomato slice into each pita pocket. Carefully spoon  $\frac{1}{4}$  cup of the egg salad into each pita pocket.