



Easy Chicken Pita Sandwich

(Prep time 10 mins)
(Cook time 5 mins)
(Yield 4 servings)

2 Tbsp apple cider vinegar
2 Tbsp of honey
1lb roasted chicken or
leftover chicken breast shredded
½ cup celery finely chopped
¼ cup apples finely chopped
¼ cup of finely chopped red onions
1/3 cup low-fat Greek yogurt
4 whole wheat pitas, halves
Salt (optional) and pepper to taste

METHOD

- In a mixing bowl combine the shredded chicken, celery, and apples.
- Pour the Greek yogurt, honey, and vinegar over the chicken and stir to coat.
- Add salt (optional) and pepper to taste.
- Refrigerate for at least 30 minutes before serving.
- Cut each round pita to make two halves, open the cut side to make pockets.
- Stuff the mixture into the pitas and serve.

*substitute with chicken breast/thigh meat if desired

Nutrient analysis (without salt): Calories 402, Total Fat 5g, Saturated Fat 2g, Total Carb 33g, Sodium 349mg

Cooking
Lite
WITH
CHEF RAY NOTTIE

This recipe does not adhere to Kosher guidelines.