



Asian Chicken Pita Pocket

Servings 2 | Prep time 10 mins. | Total time 10 mins.

Equipment:

Cutting board
Medium bowl
Mixing spoon

Utensils:

Knife
Measuring cups and spoons

Instructions

1. Before you begin, wash your hands, surfaces, vegetables, fruit, and utensils.
2. Combine all ingredients except the pitas in a medium bowl and stir to combine.
3. Divide the chicken mixture evenly among the four whole wheat pitas.

Ingredients

2 cups leafy greens (romaine lettuce, kale, etc.), shredded
1 cup (red or green) seedless grapes, cut in half
1 cup chicken, cooked and chopped
1/3 cup crispy chow mein noodles
1/3 cup carrots, shredded
2 tablespoons green onion, sliced
2 tablespoons light Asian salad dressing
2 whole wheat pita pockets, cut in half

Nutritional Information:

Calories 250
Total Fat 6g
Sodium 300mg
Total Carbs 27g
Protein 23g