



Asian Chicken Pita Pocket

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

Equipment:

Cutting board
Measuring cups and spoons
Medium bowl
Mixing spoon

Utensils:

Knife

Ingredients

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

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.

Nutritional Information:

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