



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