



# 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
- $\frac{1}{3}$  cup crispy chow mein noodles
- $\frac{1}{3}$  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