

Greek Chicken Salad Pita

This low-fat chicken salad recipe uses Greek yogurt to lighten-up a normally heavy dressing. This sandwich is protein-rich, making it a great muscle-building meal!

Serves 4



Ingredients

- ¾ cup plain non-fat Greek yogurt
- ½ lemon, juiced
- 1 clove garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon dill
- 1 cup cucumber, chopped
- 1 bunch green onion, chopped
- 2 cups boneless, skinless chicken breast, cooked and shredded
- 2 large whole wheat pitas, cut in half

Nutrition Facts

Serving Size 1/2 Stuffed Pita Pocket Sandwich
Servings Per Recipe 4

Amount Per Serving

Calories 270 **Calories from Fat** 25

% Daily Value*

Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 390mg	16%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 4g	

Protein 41g

Vitamin A 2% • Vitamin C 25%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. Mix yogurt, lemon juice, garlic, salt, pepper and dill in a large bowl
2. Stir in cucumber and green onion.
3. Fold in chicken until mixed and coated well.
4. Divide mixture into quarters and stuff pita halves. Serve with our "Chopped Caprese Salad" for a Mediterranean extravaganza!

