

Chicken Pitas

Do you have leftover chicken in your fridge? This quick and easy lunch recipe is perfect for busy weekends or workday lunches. Just assemble and serve with some fruit and a glass of milk!



Ingredients:

4	Whole wheat pitas, 16.5 cm diameter	4
4 medium	Romaine or other leafy lettuce leaves	4 medium
1 medium	Tomato, sliced	1 medium
2	Chicken breast, cooked and sliced	2

Directions:

1. Lay pitas flat. Cover with lettuce, tomato slices and $\frac{1}{2}$ of a chicken breast each.
2. Fold in half and secure with toothpicks.

Makes 4 servings (1 pita / 203 g)

Source: developed by Terry B. for Apple Magazine, Alberta Health Services' health and wellness magazine.

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Nutrition Facts			
Per 1/4 of recipe (203 g)			
Amount	% Daily Value		
Calories 330			
Fat 4 g	6 %		
Saturated 1 g + Trans 0 g	5 %		
Cholesterol 85 mg			
Sodium 420 mg	18 %		
Carbohydrate 37 g	12 %		
Fibre 5 g	20 %		
Sugars 1 g			
Protein 39 g			
Vitamin A	15 %	Vitamin C	10 %
Calcium	2 %	Iron	20 %
Vitamin D	2 %		

Nutrient Claim	Amount per Serving
High in fibre	5 g
Low in saturated fat	1 g
Very high in potassium	601 mg
Very high in magnesium	77 mg
Source of folate	31 mcg
High in iron	2.7 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruits	0.5
Grain Products	2
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Most Often recipe (Mixed Dish – Meat-based) according to the Alberta Nutrition Guidelines.