

PESTO CHICKEN SALAD PITAS

Serves 4

INGREDIENTS

1/4 cup plain, non-fat Greek yogurt
3 tablespoons prepared pesto
1 tablespoon lemon juice
1/8 teaspoon pepper
2 cups chopped, cooked chicken
1/2 cup grated carrot (about 1 medium carrot)
4 mini whole wheat pita rounds, split in half
1 cup baby spinach leaves



DIRECTIONS

1. Combine yogurt, pesto, lemon juice, and pepper in a medium bowl; whisk until well blended.
2. Add chicken and carrots; stir to combine.
3. Stuff each pita evenly with spinach leaves and chicken mixture.
4. Add in other vegetables, if desired.

NUTRITION INFORMATION PER SERVING (1 stuffed pita)

Calories: 259, Total Fat: 9g, Saturated Fat: 2g, Carbohydrate 19g, Protein: 27g Sodium: 542mg, Fiber: 3g, Total Sugar: 2g, Added Sugar: 0g

SOURCE Modified from kidseatright.org pesto chicken salad pitas
