

Pita Pocket Sandwich

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Ingredients Needed:

- ½ chicken breast
- 2 Tbsp. hummus
- ½ whole grain pita
- ½ cup lettuce mix
- 4 grape tomatoes, cut in half



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	247
Total Fat	5 g
Sat Fat	1 g
Sodium	479 mg
Added Sugar	0 g
Fiber	5 g
Vitamin A	13% DV
Vitamin C	15% DV
Vitamin K	67% DV
Iron	17% DV

Recipe Directions:

- Cook chicken 7-10 minutes over medium heat, or until golden, and then cut into strips.
- Spread hummus throughout the pita pocket.
- Add chicken, lettuce, and tomatoes.
- Enjoy with fruit as a side!

