

Greek Chicken Pita Pocket



Ingredients

- 1 cup plain Greek yogurt
- 1 red pepper, chopped
- ½ cup onion, chopped
- 1 clove of garlic, minced
- 1 cup cucumber, peeled, seeded, & cubed
- 1 lime, squeezed
- 1 cup cherry tomatoes, chopped
- 1 ½ lb. 99% fat-free chicken breast
- 2 Tbsp. balsamic vinegar
- ¼ cup fat-free feta cheese
- 5 100% whole wheat pitas
- Salt and pepper to taste
- Olive oil

Directions:

1. In a large Ziplock bag, mix chicken breast and balsamic vinegar. Let the chicken marinate for 20-30 minutes.
2. Lightly coat a skillet with olive oil.
3. On medium heat, cook chicken until cooked through (times vary depending on thickness).
4. In a large bowl, mix the vegetables, yogurt, lime, garlic and feta cheese.
5. Dice chicken into 1 inch thick pieces.
6. Cut pitas in half. Fill pita with the chicken and top with the yogurt mixture.
7. Salt and pepper to taste, serve immediately.

Yield 10 servings, serving size: ½ pita: Calories 206, Fat 1.7 g, Cholesterol 41 mg, Sodium 361 mg, Carbohydrates 24 g, Fiber 2.8 g, Sugar 5 g, Protein 24 g

**These facts may vary based on size, amount, and brand use. This information is only a guide.*