



Greek Chicken Salad Pita



Entire recipe: 378 calories, 11g total fat (5g sat. fat), 730mg sodium, 36.5g carbs, 7.5g fiber, 4.5g sugars, 36.5g protein

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Prep: 10 minutes

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Ingredients

- 3 oz. cooked and chopped skinless chicken breast
- 1/3 cup chopped cucumber
- 1/4 cup chopped tomato
- 3 tbsp. tzatziki yogurt sauce
- 2 tbsp. crumbled feta cheese
- 2 tbsp. finely chopped red onion
- 1 tsp. chopped fresh dill
- 1 whole-wheat pita, cut into 2 pockets

Directions

In a medium bowl, combine all ingredients except pita bread. Mix well.

Spoon mixture into the pita halves.

MAKES 1 SERVING

HG Tip: Look for premade tzatziki yogurt sauce in the refrigerated grocery case near the dips, hummuses, and other sauces.

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