



Greek Chicken Pitas with Dill-Feta Sauce

Prep: 15 minutes

Cook: 15 minutes • Serves: 4

Chicken Pitas

- 1 pound boneless, skinless chicken breasts
- Nonstick cooking spray
- 1½ cups loosely packed baby spinach
- 1 medium tomato, diced
- ½ medium red onion, thinly sliced
- ¾ cup rinsed and drained garbanzo beans
- ½ cup drained and diced canned beets
- ½ cup drained sliced black olives
- 2 whole wheat pitas, each cut in half

Dill-Feta Sauce

- 1 container (6 ounces) low fat plain yogurt (¾ cup)
- 2 tablespoons crumbled feta cheese
- 1 tablespoon chopped fresh dill
- 1 teaspoon minced garlic

1. Prepare Chicken Pitas: Spray chicken breasts with nonstick cooking spray. In grill pan or large nonstick skillet, cook chicken over medium heat 15 to 18 minutes or until internal temperature reaches 165°, turning once and pressing down occasionally with large spatula. Remove chicken from pan. Cool chicken 5 minutes and slice.

2. Meanwhile, prepare Dill-Feta Sauce: In small bowl, with rubber spatula, fold together all ingredients. With whisk, stir sauce until well combined. Refrigerate until ready to serve.

3. To assemble pitas, evenly divide spinach, chicken and remaining ingredients into each pita half. Serve with Dill-Feta Sauce.

*Approximate nutritional values per serving (½ sandwich):
338 Calories, 7g Fat (19% of total calories), 1g Saturated Fat (3% of total calories), 76mg Cholesterol, 563mg Sodium, 34g Carbohydrates, 9g Fiber, 37g Protein*

Dietary Exchanges: 2 Starch; 5 Protein; 1 Fat

Chef Tip

To grill pitas before filling, spray uncut pitas with nonstick cooking spray and cook in grill pan over medium heat 1 to 2 minutes per side or until grill marks appear.