



Chicken Salad Sandwich

Info:

Makes 4 Servings 225 Calories per Serving

LOW CAL

Ingredients:



- ❖ 4 Whole Wheat Pitas
- ❖ ½ lb Chicken Breast
- ❖ ¼ Cup Fat Free Mayo/Miracle Whip
- ❖ 2 Tbsp Mustard
- ❖ ½ Red Onion, chopped
- ❖ ¼ Cucumber, chopped
- ❖ 1 Cup Lettuce, chopped
- ❖ ½ tsp Salt
- ❖ ¼ tsp Pepper

Preparation:



1. Preheat oven to 375° and bake chicken breast 15 minutes
2. Cut chicken into small chunks or cubes and mix it in a large bowl with mayo, mustard, onion, celery, salt and pepper.
3. Using a pizza cutter or a knife cut the pitas in half (making 8 half circle pockets)
4. Stuff the pitas and serve hot or refrigerate for 2 hours, stuff and serve cold