

CHICKEN CAESAR SALAD PITA POCKETS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 6 (Serving= 1 cup chicken salad mixture + 1 pita pocket)

Nutrition (per serving)

Calories: 325

Total Fat: 12 g

Saturated Fat: 2 g

Sodium: 462 mg

Total Carbohydrate: 22 g

Dietary Fiber: 2 g

Protein: 28 g



Ingredients

- 12 ounces grilled chicken breasts
- ½ cup chopped pecans
- ¼ cup sliced green onions (white & green parts)
- 3 Tablespoons dried cranberries
- ¼ cup shredded Parmesan cheese
- 3 cups romaine lettuce, chopped
- ¾ cup Newman's Own® Lite Caesar salad dressing
- 6 whole wheat pita halves (choose gluten free tortillas for GF version)



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Directions

1. Combine chicken, pecans, green onions, dried cranberries, Parmesan cheese, lettuce, & Caesar salad dressing in medium bowl.
2. Stir well to coat salad evenly.
3. Divide chicken salad mixture into 6 whole wheat pita halves.