

Peanut-Sauced Chicken Pitas

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Servings: 2

Preparation Time: 24 minutes

Start to Finish Time: 24 minutes

1 cup shredded skinless/ boneless Rotisserie chicken thigh or drumstick meat

1/3 cup green onions , thinly sliced

2 tablespoons red bell pepper, cut into thin strips

2 tablespoons peanut satay sauce

1/8 teaspoon Kosher salt

1 teaspoon chile paste with garlic (optional)

1 6-inch whole-wheat pita bread, cut in half

1/2 cup fresh mung bean sprouts, rinsed, drained and patted dry

2 tablespoons carrot, diagonally cut

2 tablespoons fresh cilantro, chopped

In a bowl, combine the chicken, onions, pepper strips, peanut sauce and salt. Toss well to coat.

Stir in the chile paste, if desired.

Fill each pita half with about 1/2 cup of the chicken mixture, 1/4 cup of bean sprouts, one tablespoon of carrot and one tablespoon of cilantro.

Per Serving (excluding unknown items): 91 Calories; 1g Fat (8.0% calories from fat); 3g Protein; 19g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 287mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fat.