



Curried Chicken Pitas

Serves 4

6 tablespoons nonfat plain yogurt
1/4 cup low-fat mayonnaise
1 tablespoon curry powder
2 cups cooked, cubed chicken breast
1 ripe but firm pear, diced
1 stalk celery, finely diced
1/2 cup dried cranberries
1/4 cup sliced or slivered almonds, toasted
4 4- to 5" whole-wheat pita breads, cut in half
2 cups sprouts or shredded romaine lettuce

1. Combine yogurt, mayonnaise and curry powder in a large bowl. Add chicken, pear, celery, cranberries and almonds; toss to combine.
2. Fill each pita half with 1/2 cup chicken salad and 1/4 cup sprouts or lettuce.
3. Pack salad and pita halves separately in your lunch bag and assemble just before eating.

Nutrition information:

calories: 323 total fat: 7g saturated fat: 1g
carbohydrates: 41g protein: 27g fiber: 6g
sodium: 352 mg

from eatingwell.com