



CHICKEN APPLE SALAD *recipe from California Department of Health Services*
Cooking video and recipe adapted by Whitney Jezek

Makes: 4 servings

Pita bread stuffed with salad greens, chicken, veggies, and fruit makes an easy and flavorful lunch or dinner.

INGREDIENTS

12 ounces of rotisserie chicken
2 tablespoons red onion (minced)
1 apple (cored and chopped)
1 cup celery (chopped)
1 cup golden raisins
5 tablespoons Italian dressing, light
2 cups salad greens
2 Pita breads, whole wheat (cut in half)

DIRECTIONS

1. In a small bowl, stir together chicken, onion, apple, celery, raisins, and 2 Tablespoons of dressing.
2. In another bowl, toss together salad greens with remaining dressing.
3. Carefully open pita breads and fill with equal amounts of greens and tuna salad.

NUTRITION INFORMATION

Calories 270
Total Fat 4 g
Saturated Fat 1 g
Cholesterol 25 mg
Sodium 360 mg
Total Carbohydrate 33 g
Dietary Fiber 3 g
Total Sugars 13 g
Protein 25 g