

PINEAPPLE CHICKEN SALAD PITA POCKET

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Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving= 1 pocket)

Nutrition (per serving)

Calories: 309

Total Carbohydrate: 26

Total Fat: 13 g

Dietary Fiber: 4 g

Saturated Fat: 1.5 g

Protein: 23 g

Sodium: 341 mg

Ingredients

- 8 ounces grilled chicken breast, cut into chunks
- ¾ cup pineapple, chopped
- ¼ cup plain, nonfat Greek yogurt
- ¼ cup light mayonnaise
- 1/3 cup chopped pecans
- ¼ cup green onions, chopped
- 1 teaspoon curry powder
- 1 teaspoon garlic powder
- 4 whole grain pita pockets

Directions

1. Mix all chicken salad ingredients together in a medium bowl.
2. Scoop into whole grain pita pocket.



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