

Asian Chicken Pitas

- 2 (4 oz) boneless, skinless chicken breast halves
- ½ cup bean sprouts
- ¼ cup water chestnuts
- ¼ cup sliced green onions
- 1 Tbsp rice vinegar
- 1 Tbsp low sodium soy sauce
- 1 tsp sesame oil
- 1 (7-in wide) whole wheat pita round, cut in half crosswise
- 2 lettuce leaves

1. Place chicken in a medium saucepan. Cover chicken with water and bring to a boil. Reduce heat to medium and cook uncovered for 15 minutes or until chicken is done. Drain and let chicken cool to touch. Once cool enough to handle, chop chicken into bite-sized pieces.
2. Combine chicken, bean sprouts, water chestnuts, and green onions in a bowl and set aside.
3. In a separate bowl, mix vinegar, soy sauce, and sesame oil. Pour over chicken mixture, tossing gently to coat.
4. Line each pita half with a lettuce leaf. Spoon chicken mixture evenly into pita halves.

Makes 2 servings.

Per Serving:

Calories: 271

Fat: 6 g

Protein: 28 g

Carbohydrates: 22.5 g

Cholesterol: 70 mg

Sodium: 264 mg

