

Curry Chicken Salad in Pita

Food Groups:

Dairy

Protein

Vegetables

Fruit

Grains

-  2 cups diced chicken breast
-  1/4 cup dried cranberries **OR** raisins
-  1/2 cup chopped (washed) celery
-  1/4 cup sliced almonds
-  1/4 cup sliced green onion/scallions
-  1/4 cup chopped cilantro
-  1/2 cup low-fat/nonfat plain Greek yogurt
-  1 tablespoon fresh lime juice
-  1 1/2 teaspoons curry powder
-  1/2 teaspoon salt
-  1/4 tsp black pepper

Whole wheat pita bread (2 pieces)

Lettuce

1. Wash your hands.
2. Add all the ingredients to a large bowl and mix until well combined.
3. Serve immediately **OR** store in the fridge for up to three days.
4. Cut each pita in half. Add lettuce to each half. Stuff each pita half with 1/4 of the chicken salad.

Makes 4 servings (serving size = 1 half stuffed pita)

Yogurt Fruit Parfait

Food Groups:

Grain

Dairy

Fruit

 ½ cup fresh **OR** frozen blueberries or strawberries

1 (6-ounce) carton low-fat vanilla yogurt

 2 tablespoons low-fat granola

1. Wash your hands.
2. Slice strawberries if using.
3. Measure berries. Pour half in glass.
4. Spoon half of the yogurt on top of the berries.
5. Pour the rest of the berries on top of the yogurt.
6. Spoon rest of the yogurt in carton on top of the berries.
7. Measure granola. Shake over the yogurt.
8. Add a berry or two on top of the parfait.

1 Serving

Grocery List

- 2 cans chicken **OR** leftover chicken (2 c.)
- Dried cranberries **OR** raisins
- Sliced almonds
- Green onions/scallions
- Celery
- Cilantro
- Low-fat plain Greek yogurt (1/2 cup)
- Lime
- Curry powder
- Salt
- Black pepper
- Whole wheat pita bread
- Fresh or frozen blueberries **OR** strawberries
- 1 carton low-fat vanilla yogurt
- Low-fat granola

Equipment List

- Can opener (option)
- Medium bowl
- Cutting Board
- Cutting Knife
- Measuring cups
- Measuring spoons
- Spoon for mixing
- Glass for parfait