



## Cranberry Chicken Salad Pita

### Ingredients

4 oz. cooked chicken breast, chopped  
2 Tbsp dried cranberries or dried cherries  
2 Tbsp chopped celery  
1 Tbsp low-fat mayonnaise  
dash of celery salt  
dash of poultry seasoning  
1 (4 oz.) whole wheat pita (halved) or 2 (2 oz.) pita bread  
1 pickle or cucumber, sliced thin  
2 Roma tomatoes, sliced thin  
2 tsp nonfat red wine vinegar dressing

### Nutrition Facts (per serving)

<b>Calories</b>	<b>317</b>
Fat (g)	5
Saturated Fat (g)	1
Cholesterol (mg)	50
Sodium (mg)	600
Carbohydrate (g)	45
Fiber (g)	6
Protein (g)	24
Calcium (mg)	12

### Preparation

Mix first six ingredients together and chill. Stuff each Pita with half of chicken mixture, half of pickle or cucumber slices, and Roma tomato slices.

**Serves: 2**

**Serving Size: 1/2 recipe, 1 stuffed pita**

