



Ingredients:

1 1/4 lbs. chicken, cooked and cut into strips	1 lemon
4 wheat pita pockets, large	1/8 tsp. pepper
1 cup Greek yogurt	1 cucumber, finely grated (optional)
1 tsp. garlic, minced	2 Tbsp. fresh dill (optional)

Instructions:

1. Juice the lemon.
2. For the yogurt sauce, whisk together the Greek yogurt, garlic, cucumber, lemon juice, dill, and pepper. Mix well, cover, and chill for 15 minutes.
3. Cut pita bread into two pieces. Place pita bread, chicken, and yogurt sauce on the table and assemble your pita pockets. Enjoy this meal family-style!



GROW FIT[®]
RECIPE CARD

COMPLIMENTS OF LEARNING CARE GROUP.