

Chicken Pockets

Do chickens have pockets? I guess they must, otherwise where would they put their chicken fingers? Plump up your pita with this filling filling—colourful, crunchy and delicious!

Get It Together: sharp knife, cutting board, dry measures, medium bowl, mixing spoons, measuring spoons

Chopped fresh spinach leaves, stems removed, lightly packed	1 cup	250 mL
Chopped cooked chicken	1/2 cup	125 mL
Chopped unpeeled English cucumber	1/4 cup	60 mL
Chopped tomato	1/4 cup	60 mL
Ranch dressing	2 tbsp.	30 mL
Salt, sprinkle		
Pepper, sprinkle		
Pita bread (7 inch, 18 cm, diameter), halved	1	1

Put the first 4 ingredients into the bowl. Toss.

Add the next 3 ingredients. Toss until coated.

Spoon into the pita pockets. Makes 2 pockets. Serves 1.

1 serving: 536 Calories; 25.8 g Total Fat (7.1 g Mono, 12.6 g Poly, 5 g Sat); 85 mg Cholesterol; 41 g Carbohydrate; 3 g Fibre; 34 g Protein; 714 mg Sodium

Bright Idea: Instead of spinach, use your favourite salad greens. Creamy Caesar dressing is a tasty alternative to ranch dressing.

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