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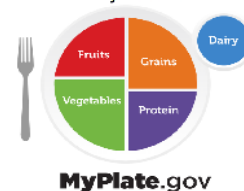
CHICKEN PITA POCKETS

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Color your meal!



Ingredients:

1 cup cooked chicken, chopped or shredded or canned

¼ cup celery, diced

2 pears, cored and diced

1 cup seedless grapes, halved lengthwise

½ cup non fat plain greek yogurt

Whole grain pita pockets

Salt & pepper to taste

2 tablespoons light mayonnaise

1 tablespoon lemon juice

¼ cup toasted walnuts, chopped

Mixed greens

Directions:

1. Mix celery, pears and grapes in a bowl.
2. Add chicken, yogurt, mayo, walnuts, lemon juice, salt and pepper and mix until well combined.
3. Filled each pita with greens and chicken salad until all are filled. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

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Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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