



## Healthy Lifestyle Program Diet – Recipes

### **Pita Delight**

**Preparation time: 20 minutes**

**Servings: Four**

### **Ingredients**

- ½ cup natural, low-fat yogurt
- ¼ cup cucumber (finely chopped)
- ¼ tsp dried mint (crushed)
- 4 pita bread
- 4 lettuce leaves
- 6 ounces thinly sliced fully cooked chicken breast
- 1 small tomato (thinly sliced)
- 1/3 cup feta (crumbled)

### **Method**

Mix together yogurt, cucumber, and mint, then set aside.  
Place a pita on a plate, top with lettuce, chicken, tomato, and feta cheese. Spoon dressing on top. Roll up the pita bread. Secure with wooden toothpicks. Serve immediately. Makes 4 servings.

### **Nutritional Information (per servings):**

**Calories: 377**

**Fat: 14g**

**Carbohydrate: 43g**

**Protein: 18g**