Grilled Chicken Pita

Servings: 4 (230 g)
Prep Time: 10 Minutes
Cook Time: 10 Minutes

Ingredients

- 1 T. olive oil
- 3 T. balsamic vinegar
- ¼ c. fat-free Italian dressing
- 1 T. basil, chopped
- Black pepper to taste
- 4 slices eggplant, ½ in. thick
- 2 skinless chicken breasts
- 2 plum tomatoes, cored and halved
- 4 whole wheat pitas, halved

Directions

1. Preheat the grill or grill pan over medium high heat.
2. Combine the oil, vinegar, dressing, basil, and pepper in a large bowl.
3. Grill the eggplant, chicken and tomatoes until the chicken is cooked through and the veggies are tender. Brush half the dressing on while grilling.
4. Warm the pitas in the microwave for a few seconds until they are soft and pliable.
5. Slice the grilled chicken, brush with remaining dressing and stuff into the warmed pita halves with slices of eggplant and tomato.
6. Wrap in foil and serve warm or chill for later use.

Nutritional analysis per serving: *Calories 255; Calories from Fat 55; Total Fat 6.5 g (10% Daily Value); Saturated Fat 1 g (5% DV); Trans Fat 0 g; Cholesterol 38 mg (13% DV); Sodium 470 mg (20% DV); Total Carbohydrate 33 g (11% DV); Dietary Fiber 6 g (24% DV); Sugars 6 g; Protein 18 g (0% DV); Vitamin A 6% DV; Vitamin C 10% DV; Calcium 2% DV; Iron 10% DV; Selenium 60% DV; Manganese 50% DV.*

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April

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
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June

S	M	T	W	T	F	S
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7	8	9	10	11	12	13
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May

TIP: While you've got the grill out and heated, toss on some halved peaches for a lusciously nutritious dessert.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
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24 / 31	25	26	27	28	29	30