

# Cheesy Chicken Pita

## Ingredients

- 1 pita bread/pocket
- 1/3 cup shredded cheddar cheese
- 2 tablespoons cottage cheese
- 1/2 cup shredded cooked chicken breast
- 1/2 shredded lettuce

## Directions

1. Place 1 tablespoon of cottage cheese in each half of pita pocket.
2. Top with chicken, then cheddar.
3. Set pita on paper plate and microwave until cheese is melted or pita is desired warmth
4. Top with lettuce or vegetables of choice.



*Makes 1 serving*

*Nutrition information per serving  
165 calories, 0.7g fat, 0.1g saturated  
fat, 0mg cholesterol, 321mg sodium,  
33.4g carbohydrate, 1.3g fiber, 5.5g  
protein*