



Little Italy Chicken Pitas with Sun-Dried Tomato Vinaigrette

Use oil from the sun-dried tomatoes to prepare the vinaigrette for this zesty sandwich. Chilled green grapes are a cool side.



Photo by: Photo: Lee Harrelson; Styling: Melanie J. Clarke

YIELD: 6 servings (serving size: 2 stuffed pita halves)
COURSE: Sandwiches

Ingredients

- 2 tablespoons balsamic vinegar
- 1 1/2 tablespoons sun-dried tomato oil
- 1 tablespoon chopped drained oil-packed sun-dried tomatoes
- 1/4 teaspoon freshly ground black pepper
- 1 garlic clove, minced
- 4 cups shredded cooked chicken breast (about 3/4 pound)
- 1 cup chopped tomato (about 1 medium)
- 1/2 cup (2 ounces) grated Asiago cheese
- 1/4 cup thinly sliced fresh basil
- 6 (6-inch) pitas, cut in half
- 3 cups mixed baby greens

Preparation

Combine first 5 ingredients in a large bowl. Stir in chicken, tomato, cheese, and basil. Line each pita half with 1/4 cup greens. Divide chicken mixture evenly among pita halves.

Nutritional Information	
Amount per serving	
Calories:	342
Calories from fat:	24%
Fat:	9.1g
Saturated fat:	2.8g
Monounsaturated fat:	4.2g
Polyunsaturated fat:	1.3g
Protein:	26.4g
Carbohydrate:	37.3g
Fiber:	2.4g
Cholesterol:	56mg
Iron:	2.7mg
Sodium:	397mg
Calcium:	162mg

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