

Basic Cheesy Chicken Pita Recipe

What you need:

1 pita
1 pita bread, pocket
Shredded fat-free cheddar cheese
Fat-free cottage cheese
Shredded cooked chicken breasts



All you do:

1. Begin with a spoonful or two of cottage cheese. Place in 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.

Per serving: 165 calories, 0.7g fat, 0.1g saturated fat, 0mg cholesterol, 321mg sodium, 33.4g carbohydrate, 1.3g fiber, 5.5g protein