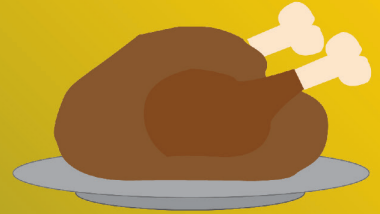


Week 1: Chicken Chicken Salad Pita pocket



Week 1: Protein Nutrition Education

Recipe
Takes 10 minutes
Makes 8 servings

YOU WILL NEED:

mixing bowl
whisk
spatula
cutting board
knife (adults only)

Ingredients For 8 servings



1/4 cup light
mayonnaise



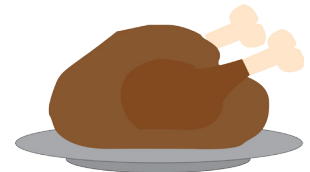
1/4 cup
plain,
fat-free
yogurt



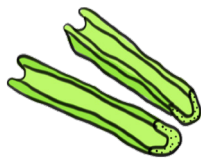
2 tablespoons
lemon juice



salt and
pepper to
taste



2 cups cooked
chicken, chopped



2 stalks
celery, diced



1 green onion,
minced



1 cup sliced
red grapes

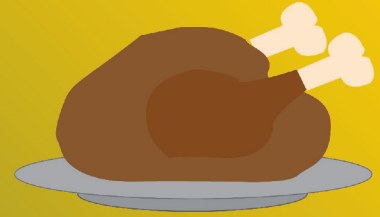


4 whole wheat
pita pockets,
halved

Preparation

In a medium bowl, whisk together the mayonnaise, yogurt, lemon juice, salt and pepper. Add the chicken, celery, green onions and grapes to the dressing, then gently stir to coat. Fill each pita pocket half with 1/2 cup chicken salad.

Week 1: Chicken Chicken Salad Pita pocket



DIRECTIONS

1. Fill in the blank in the bubble.
2. Draw the chicken salad pita in the right section of the plate.
3. Color in the rest of the plate.

Why did the
chicken wear a cape?
Because he was a super
source of _____!

